# WORKOUT WILL MAKE YOU THOR (AND SORE)

CHRIS HEMSWORTH'S TRAINER GIVES YOU SUPERHERO TIPS. PAGE 22

metro®

**NEW YORK CITY**'S #1 FREE DAILY NEWSPAPER

Monday, November 11, 2013 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

**Biggest fight.** Some New York veterans who served tours of duty in Iraq and Afghanistan were diagnosed with post-traumatic stress disorder when they finally returned home.

# 'A lonely journey'

**Back on their feet.** New York City, with all of its crowds and noise, can be overwhelming for these vets — but it also offers more PTSD resources than many rural areas. PAGE 02

## Tom Mison discusses his 'Hollow' success

PAGE 18

## Emily Watson plays it by the 'Book'

PAGE 20

## Invent a new job at your dream company

PAGE 25

## Giants run streak to three, push for playoffs

PAGE 27

Sean Jeffers is a Brooklyn native that suffers from post-traumatic stress disorder from his time in the first Gulf War. / BESS ADLER, METRO

College with a personal touch

Walk through our doors—you'll be so much more than just a number! NYSCAS—where students get the personal guidance they need for success in college.

NYSCAS New York School of Career and Applied Studies a division of TOURO COLLEGE

877.369.7152 | 877.369.7227 x1003

Manhattan Brooklyn Queens

INFORMATION SESSIONS:

*Manhattan: Wednesdays, 12 noon-5 pm*
*27-33 West 23rd Street, Admissions Office*
*Brooklyn: Wednesdays, 11 am-7 pm*
*1870 Stillwell Avenue, Admissions Office*

www.touro.edu/nyscas

Touro College is an equal opportunity institution

1 NEWS

Top 3

## Trending online at Metro.us

1 'Anthony Davis stripped naked, spanked in locker room'

2 'Bill would give vets college credit for military experience'

3 'VIDEO: Man records life in one-second shots'

Quoted

"It's very meaningful because there are a lot of veterans who did phenomenal things in the military, but sometimes the work that we did doesn't translate."

Brooklyn resident and Army veteran Lesly Fontaine Jr., on proposed legislation that would give college credit for military service

# Vet struggles with PTSD in New York

**Returning heroes.** Some New York veterans suffer from post-traumatic stress disorder.

Sean Jeffers said that his biggest challenge with PTSD is fighting the urge to isolate himself. / BESS ADLER, METRO

Sean Jeffers is a Marine Corps veteran and Brooklyn native. Honorably discharged in 1994, Jeffers is still managing his post-traumatic stress disorder.

He is currently in a vocational rehabilitative program with the Veterans Administration, working to complete his undergraduate degree.

Getting that degree is hugely important to Jeffers: It's the reason he joined the Marine Corps in the first place.

"The military was a way for me to pay for college," he said.

There are upsides and downsides to living with PTSD in NYC, he said.

Some vets say the crowds and noise can be overwhelming. Jeffers, a born-and-bred New Yorker, said it's easier for him than it is for others.

"For me, personally, I tend to avoid the crowds. I'm not necessarily traveling during rush hour and I'm not going to highly populated areas," he said.

And there are benefits to being in the city too, he said. Some vets he knows don't have as many programs accessible.

Being so far away from help can exacerbate what already "can be a bit of a lonely journey," Jeffers said.

"The whole PTSD thing, it sometimes causes you to push away from people," he said.

DANIELLE TCHOLAKIAN
danielle.tchloakian@metro.us

**Grim statistics**

According to a December 2012 report by the Department of Veterans Affairs, about 30 percent of the 834,467 Iraq and Afghanistan War veterans who have been treated at VA clinics suffer from post-traumatic stress disorder.

- One program Jeffers has found helpful is the New York Open Center's massage clinic that offers free massages for veterans. He said it has been helpful, "really good and just relaxing."

Quoted

"For me, personally, I tend to avoid crowds. I'm not necessarily traveling during rush hour and I'm not going to highly populated areas."

Jeffers

Big haul

The confiscated cocaine NYPD

## Man busted with 20 kilos of coke after traffic stop

Officers found 20 kilograms of cocaine, cash and marijuana after a traffic stop in Brooklyn Saturday, police said.

Around 3 a.m., police said anti-crime officers patrolling Bushwick Avenue and Meserole Street in Williamsburg pulled over a Toyota Camry to issue a summons for a defective tail light.

As the officers approached, they smelled marijuana and recognized the driver as a male wanted for a previous driving violation, police said.

Upon arresting the driver, cops said officers found 26 ziplock bags of cocaine and two bags of marijuana in the suspect's sweatshirt. Police said the officers also found 10 kilograms of cocaine in the car's trunk.

Brian Espinal, 25, was charged with multiple counts of criminal possession of a controlled substance, police said. **ANNA SANDERS**

## Shooting. A teen is suspected of firing at Bryant Park ice rink

A 16-year-old boy is in custody after two young men were injured in a shooting sparked by an attempted coat robbery at the Bryant Park ice skating rink Saturday night, police said.

The teen was being questioned at the Midtown South Precinct Sunday and charges against him are pending, a law enforcement official said.

Around 11 p.m., police suspect the teen shot a 20-year-old man, accidentally hitting a 14-year-old boy in the back, when the man wouldn't give up his brand-name jacket. The boy is believed to have a spinal injury. **DANIELLE TCHOLAKIAN**

Gun crime

## Two dead in shootings

Two men have been killed in shootings over the weekend.

An unidentified man was shot three times in front of the Smith Houses on Sunday, police said.

On Friday, William Jordan, 43, was found at 572 Warren Street in Boerum Hill with a gunshot wound to the head. **EMILY JOHNSON**

## Heist. Cops looking for suspects who tried to rob The Jane hotel

Police are looking for four suspects who attempted to rob The Jane around 4:40 a.m. Saturday.

The suspects entered the West Village hotel wearing hooded clothing. One brandished a firearm, demanding money from the desk clerk.

Police said the same suspect then pistol-whipped another employee as the three others held him down and demanded money from the back offices.

Police said the suspects then fled the hotel without any money.

Anyone with information is asked to call 800-577-TIPS. **ANNA SANDERS**

# STYLE NEVER SLEEPS

# #HMTSQ

## NEW FLAGSHIP STORE OPENING AT BROADWAY AND 42ND STREET NOVEMBER 14 AT 12:01AM

**20 LUCKY SHOPPERS IN LINE WILL WIN THE CHANCE TO MEET LADY GAGA AND A COPY OF HER NEW CD ARTPOP!**

H&M

# Children send wish lists to Santa for Tony's Metro Magic

**Giving spirit.** Kids ask for Elmo dolls, Legos and gifts for their mothers this holiday season.

Tony Metcalf, late editor-in-chief of Metro, with his daughter Freya. / COURTESY OF LESLIE CAIN-METCALF

Santa Claus has delivered to our offices the first letters he received from kids living in shelters to become part of Tony's Metro Magic.

The annual holiday toy drive is done in conjunction with Toys for Tots and the U.S. Marines. It was formerly overseen by our beloved editor-in-chief, Tony Metcalf. He passed away in June from cancer at age 50. Metro Magic was an initiative that he held dear to his heart, and we've renamed the event in his honor.

"Tony loved kids. He saw them all as innocents. He believed all children, no matter what the circumstances, deserved a childhood," Leslie Cain-Metcalf said of her late husband. "He loved Christmas, too. As the shops fill here with decorations and trees, I wonder how I will get through my first Christmas without him — and more importantly, how I will ever fill his shoes and love of Christmas for our kids. For him to be able to carry on doing so through Metro would have been a massive honor for him."

The letters that Santa dropped off request a wide variety of gifts, at all prices, for kids who might not otherwise have a holiday.

"Dear Santa, I will take anything you can give me. I would like a big Elmo so I won't be alone in the shelter," one child wrote.

Legos were something that a lot of children asked for. "I would like Legos, please. Lots of them. Thank you, Tom."

Several kids asked for gifts for their mothers instead of themselves. "Santa, I want my mom to be healthy this year. I am OK," Wanda, 10, wrote.

Help us give these needy children a happy holiday season. METRO

### What to give

**Metro is collecting new, unwrapped gifts, not clothes.**

- Things like action figures, dolls, board games and sports toys, like a football, are always good.
- And don't forget about older children, ages 11 and up. Older children would love to receive an MP3 player, a makeup kit or a poster from their favorite movie this year.
- Spending $10 or $20 on a toy or two for a needy child can make a big difference.

### Helping the homeless

#### Helping families

In addition to Toys for Tots, Metro New York also teams up with The Partnership for the Homeless, an organization that helps find housing for homeless families and children — now comprising the largest segment of the city's homeless: More than 21,000 children live in New York City shelters. "With a toy donation, you can help The Partnership for the Homeless transport that child to her holiday dreams for at least a day," said Arnold Cohen, president and CEO of The Partnership for the Homeless.

### Let us know!

**If you donate, email us at charity@metro.us letting us know what you gave and we'll shout out a "thank you" in the paper.**

### How to take part

1 Look for the Tony's Metro Magic logo on our website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com.

3 Once there, you can see all the toys we've already requested for kids, and more are being added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices.


Real-World Knowledge at an Affordable Price

Earn a Master's Degree in high-demand technology fields:

- Data Communications
- Database Administration
- Web & App Development
- Technology Leadership
- Instructional Technology
- Web & Multimedia Design

INFORMATION SESSION:
November 13, 6:30 PM, 50 W. 23rd St., 7th fl., NYC

888-355-1283 | info.gst@touro.edu | www.touro.edu/gst

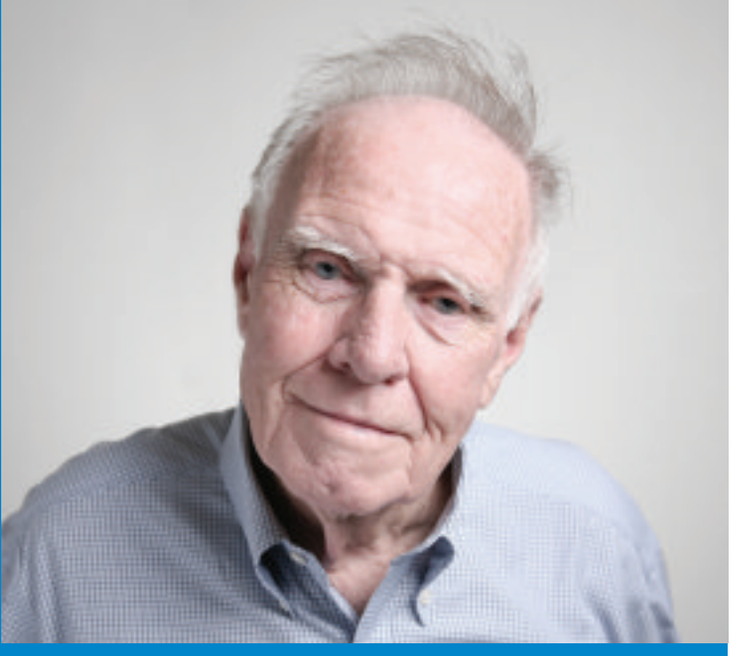
Scholarships available for those who qualify.

TOURO COLLEGE
GRADUATE SCHOOL OF TECHNOLOGY

Touro College is an Equal Opportunity Institution

# **HOPE:** It's a New York Thing

Many still struggle a year after **Hurricane Sandy.**
Emotional support is still available with Project Hope.



## Call 1-800-LIFENET

**Connect with a Project Hope counselor.**
**CONFIDENTIAL. FREE. 24/7.**
**#PROJECTHOPENYC**

Project HOPE

NYC Health

©2013 The City of New York, Department of Health and Mental Hygiene. All Rights Reserved.

90 mins. to NYC! – Most Trusted Poconos Builder! Rents are rising, so

Stop Renting, Start Owning!

Best home selection in the Poconos

LIMITED TIME OFFER!
Buy a new home now and receive a
$14,000
GIFT CHECK!
Applicable to a range of custom upgrades.

OFFER AVAILABLE ONLY ON NEW CONSTRUCTION UNTIL DECEMBER 10, 2013.

The Millburn $194,500 Complete
$6,808 DOWN PAYMENT $1,589* per month pays all, including principal, interest taxes and insurance!
• 3 or 4 large bedrooms • 2 1/2 baths • Liiving Rm • Dining Rm
• Central Air & Heat • Deck • Fireplace • Covered Front Porch
• Large Yard • 2,393 Sq. Ft.

CLASSIC QUALITY HOMES

Call Toll Free
1-800-276-4000
www.classicqualityhomes.com
Hours: Mon. thru Sat. 9am to 5pm
* Monthly payments based on FHA 30 yr. fixed interest rate of 4,3% with 4.8% APR with a finance cap of $271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available



# De Blasio made into a Nativity figurine in Italy

**Immortal.** A craftsman created a statue of the mayor-elect that stands alongside religious icons in the town.

De Blasio statue stands with the familiar Christmas scene. / GETTY IMAGES

The Christ child, the three wise men, some camels and … Bill de Blasio?

An unlikely Nativity scene exists thanks to a craftsman in Naples, Italy, where the New York City mayor-elect's grandfather was born. A terra-cotta de Blasio statue stands amid the usual assortment of the Virgin Mother and sheep, smiling and waving while wearing an Italian flag sash.

The artisan responsible for the piece, Genny Di Virgilio, told AFP that he would give it to de Blasio if the new mayor visits his shop.

"This is a great moment for all the people of the Campania region and all the Neapolitan families with relatives who immigrated to the United States," he said.

EMILY JOHNSON
emily.johnson@metro.us

## St. Peter's unveils WWII painting

St. Peter's Chelsea uncovered a painting on Sunday honoring World War II vets that had been hidden since 1954. The painting "Our Lord Blessing a Soldier and a Sailor" depicts Jesus and angels blessing two praying servicemen. The painting was covered after the congregation deemed the theme to militaristic. / MILES DIXON, METRO

Cycle city

## Citi Bike tops 5 million rides

Citi Bike riders have apparently pedaled more than 10 million miles since the program began.

Mayor Michael Bloomberg and Transportation Commissioner Janette Sadik-Khan announced the data Friday.

They say nearly half a million people have purchased Citi Bike passes of some kind, putting the average number of rides per day at 35,000 over the last three months.

In the five months since the program began, Citi Bikers have taken more than 5 million trips, which is the equivalent of more than the population of 28 states, and more than two times the ridership of D.C.'s bike share system, which is the nation's largest. It is 1 million more riders than visitors to the Empire State Building in a year, and the same number as the amount of visitors to the National History Museum. DANIELLE TCHOLAKIAN

HAVE YOU SEEN WLNY LATELY?
DICK BRENNAN
ALICE GAINER
FIND OUT FIRST
NEWS @ 9:00
WEEKNIGHTS
WLNY 10 55
cbsnewyork.com

# VISIT THE IVY LEAGUE OF DENTISTRY!

Get your SNAP-ON smile from the inventor

In the heart of Lincoln Center
1995 Broadway, Suite 200
888-572-3418
www.manhattandentalarts.com

HOLIDAY SPECIAL
TEETH WHITENING

SPECIAL

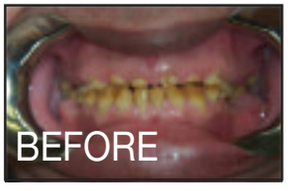
$299 In Office (Reg. $695)
$195 Take Home Kit (Reg. $495)

SNAP-ON SMILE IS EXCELLENT FOR:

- Missing teeth
- Gaps, crooked or strained teeth
- Alternative to Bridges, Implants and Crowns
- Customized Hollywood smile

ALSO EXPERTS IN...

- Cosmetic Dentistry
- Root Canal Therapy
- Gum Treatment
- Dental Implants
- Veneers
- Invisalign



Flex Spending Accepted
Most Insurances Accepted

FREE CONSULTATION
and Preview of your Hollywood Smile (valued at $250)

Rep. Cory Gardner, R-Colo., uses an ad for a parody website to mock the rollout of the Affordable Care Act during the testimony of Kathleen Sebelius before a House Energy and Commerce Committee hearing on the failures of the enrollment website. / GETTY IMAGES

# Early data to show how many still waiting to enroll

**Administration.** They are racing to make the website work smoothly by November's end.

The Obama administration will release health-care enrollment numbers for Obamacare's rocky October rollout this week that could be more important for what they fail to say, than for what they do.

President Barack Obama's Democratic administration, which is under intense pressure from Republicans to release the data, has signaled that the total will be low after weeks of technical problems with the federal website, HealthCare.gov.

But that will only underscore the huge number of people believed to be waiting for a chance to obtain benefits, according to policy experts and congressional aides.

The Affordable Care Act mandates that most Americans at least be enrolled for health insurance by March 31 or pay a fine. REUTERS

**Data will indicate**

- Analysts say the October number should offer an early indication of whether Obama's landmark health initiative is proving more popular with poor people who qualify for Medicaid or with working-class families eligible for subsidized private insurance through new online marketplaces that have been set up in all 50 states.

## Moderate. New Jersey Gov. Christie hedges on serving out full term

Newly re-elected New Jersey Governor Chris Christie, widely considered a potential Republican presidential candidate in 2016, on Sunday declined to say whether he would serve out his full four-year term rather than run.

Asked by interviewer George Stephanopoulos on ABC's "This Week" whether he would complete his current term, Christie replied: "Listen, who knows. I don't know. I'm going to continue to do my job and finish the job.

Mitt Romney and Governor Chris Christie, during Romney's 2012 campaign. / GETTY IMAGES

But ... I didn't expect to be sitting here four years ago, George. So, nobody can make those predictions." REUTERS

**Quoted**

**"I think the national solution has to ... be figured out by the people who are in charge of our national government. My job is to fix what's going on in New Jersey."**

**Christie**
When sked by Stephanopoulos if he considered that immigration reform should include a path to citizenship and reduced in-state college tuition for some illegal immigrants.

# Action Heroes Wanted

## How A Real Hero Uses The Next Minute

After leaving the local cinemaplex and watching the latest superhero smash through walls, fly at the speed of sound, and crush the mutant aliens all done with the latest in computer graphics I was left a little cold. I checked my ***TAC-7*** watch and that was two hours and four minutes wasted. What would a real hero do with those precious minutes?

**We Only Need to Look Around Us to See the Real Thing.** We know those movies aren't real. The honors need to go to our live action heroes where every second carries risk: The firefighter in a 3 alarm blaze, the police officer racing to the scene, an ambulance driver trimming lifesaving seconds at break-neck speed, the nurse in the emergency room timing heart rates, and the Coast Guard rescue in 20 foot seas.

And without a doubt, there are over 2 million Action heroes who sign up for danger from the minute they enlist in our military. Each rely on their training every day so that they synchronize their actions and save lives.

**Real life action heroes live next door and down the street and in our own homes.** Some are overseas and some are in peril at this very minute. No capes or super powers, only bravery, sacrifice, and precision.

We will not pay a licensing fee to the movie studio so that we can say this watch was worn by a fictional spy or by a guy wearing spandex hanging from a wire in front of a green screen and then charge you big money for the privilege.

**The *TAC-7* was made for our real action heroes.** It is made from super tough stainless steel with luminous hands and markers that can be seen in any dark spot. The precision movement oscillates at 32,768 Hz for astounding accuracy. The timepiece is water resistant and carries a two year warranty on the movement so there is no reason to treat it gently.

And since we never really pay our heroes anywhere close to enough, we price the ***TAC-7*** for the real world. The watch was originally $299 but for the next few weeks, the ***TAC-7*** is **only $59**.

The ***TAC-7*** is for the real action heroes among us. And because of that we will be donating part of the proceeds to the USO and the Red Cross. To the real heroes.

**Stauer TAC-7 Watch— ~~$299~~**

***Promotional Code Price*** **$59** + S&P

ACCREDITED BUSINESS
**Rating of A+**

*Order now to take advantage of this fantastic low price.*

# 1-888-306-7188

**Your Promotional Code: TAC149-01**
Please use this code when you order to receive your discount.

Stauer®
14101 Southcross Drive W., Dept. TAC149-01
Burnsville, Minnesota 55337 **www.stauer.com**

*Smart Luxuries—Surprising Prices™*

Stainless steel case with luminous hands & markers - Precision quartz movement - Band fits wrists 7"–9" - Water-resistant to 3 ATM

## Security concerns.
# Los Angeles schools slow rollout of iPads

The Los Angeles school district is putting the brakes on a project to give an iPad to each student, a $1 billion initiative that is the largest rollout of its kind in the nation and has been plagued by students hacking the devices' security features.

District officials have already provided their devices to over 25,000 students, and under their original plan would have finished distributing tablets to the last of its 650,000 students in late 2014.

In a high-profile setback, some 300 teenagers found a way to bypass security protocols on their iPads earlier this year to access Twitter and other sites the district seeks to block. **REUTERS**

**Spent on iPads**

**$1B**

**Officials have said one reason for spending $1 billion on iPads, including $366 million to upgrade Wi-Fi networks and other technical infrastructure at schools, is to give students technology they can use to learn at their own pace.**

**Gun violence**

## Two killed, 22 hurt in shooting at large Houston house party

Two people were killed and at least 22 others injured in Texas when gunfire broke out late on Saturday night at what was described as a "massive house party" in the suburbs of Houston, the sheriff's office said on Sunday.

More than 100 people had been inside the home in the middle-class suburban neighborhood of Cypress when the shooting erupted at about 11 p.m. on Saturday night, the Harris County Sheriff's Office said in a statement.

"I heard between five to 10 gunshots. It was chaos," neighbor Bruno Figueroa told local KPRC-TV. **REUTERS**

**Quoted**

**"It sounded like a balloon popping."**

**A. Henry**
A 19-year-old party guest, as quoted by the Houston Chronicle

# Apple works to create curved iPhone screens

**Apple's testing and development of new materials follows its history of working with suppliers to produce technologies that can enhance device functions.** / GETTY IMAGES

**Working on it.** New, pressure-sensitive sensors are also in development for subsequent models.

Apple Inc. is developing new iPhone designs, including bigger screens with curved glass and enhanced sensors that can detect different levels of pressure, said a person familiar with the plans.

Two models planned for release in the second half of next year would feature larger displays with glass that curves downward at the edges, said the person, declining to be identified because the details aren't public. Sensors that can distinguish heavy or light touches on the screen may be incorporated into subsequent models, the person said.

With screens of 4.7 inches and 5.5 inches, the two new models would be Apple's largest iPhones, the person said, and would approach in size the 5.7-inch Galaxy Note 3 that Samsung Electronics Co. debuted in September. The South Korean maker last month released its curved-screen Galaxy Round, the latest phone in an array of sizes and price points that's helping keep Samsung ahead of Apple in global market share.

Apple broke with past practice in September when it unveiled two versions of the iPhone at the same time, the iPhone 5s with more advanced features and the iPhone 5c at lower prices, as part of a strategy to appeal to broader markets. **BLOOMBERG**

**Furnaces**

**$578M**

**Merrimack, New Hampshire-based GT Advanced Technologies said Apple will prepay $578 million for furnaces to make sapphire materials used in smartphones, with the iPhone maker getting some exclusive rights.**

SPECIAL INVISALIGN SALE

0% financing as low as $99/month

$2500 invisalign express! exp. 11/30/13

FEEL CONFIDENT IN YOUR SMILE.
ASK IF INVISALIGN IS RIGHT FOR YOU ~ THE CLEAR ALTERNATIVE TO BRACES
Invisalign Center Of NY
at Manhattan Dental Spa
200 Madison Ave, Suite 2201 • 212-683-2530 | manhattandentalspa.com

Elite PROVIDER for the last 9 years

ONLY 1,639 in our vault

# It's a first. It's silver. It's patriotic. And it's a steal.

Washington crossing the Delaware. Eisenhower launching D-Day. Kennedy rescuing the crew of PT 109. These men made history.

### This set made history

To celebrate the bicentennial of America, the U.S. Mint struck this special three-piece proof set honoring these three American presidents—and our 200th birthday. To capture the bicentennial spirit, the coins in the set are dual–dated 1776–1976.

This set was so popular over 4 million were sold.

Unlike the regular circulating coins of the day, these coins are struck in 40% precious silver.

It's the first commemorative U.S. Mint Proof Set *ever*. It's also the first proof set to feature all dual-dated coins. And finally, it's the first U.S. Proof Set to include a Silver Dollar.

Americans love proof coins from the U.S. Mint. Each coin is struck twice from specially prepared dies and has deeply-mirrored surfaces and superb frosty images.

And you know you've got a *real piece of American history* when you hold this set—the red white and blue holder is spectacular!

### Now for the steal part...

This first-ever Bicentennial Silver Proof Set sold out at the mint three decades ago. When you consider how much prices have risen since then, you might expect to pay $100 *or more* to buy this set today.

But for this special offer, we are releasing our entire stock of Bicentennial Silver Proof Sets for only $49 each. *Or better yet, buy five and pay only $39 each!*

### Order now risk free

We expect our small quantity of Bicentennial Silver Proof Sets to disappear quickly at this special price. We urge you to call now to get yours. You must be satisfied with your set or return it within 30 days of receipt for a prompt refund (less s&h).

### Buy more and SAVE

1776-1976 Bicentennial Silver Proof Set $49 + *s/h*
5 for only $39 each + *s/h*
**SAVE $50**

Toll-Free 24 hours a day
**1-877-564-6468**

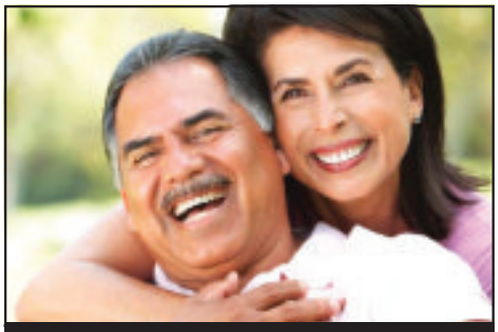
**Offer Code BPF303-07**
*Please mention this code when you call.*

GovMint.com®
YOUR ONE BEST SOURCE FOR COINS WORLDWIDE

14101 Southcross Drive W.
Dept. BPF303-07
Burnsville, Minnesota 55337
www.GovMint.com

**Prices and availability subject to change without notice. Past performance is not a predictor of future performance.** Note: GovMint.com® is a private distributor of worldwide government coin and currency issues and privately issued licensed collectibles and is not affiliated with the United States government. Facts and figures were deemed accurate as of October 2013. ©2013 GovMint.com®

BBB ACCREDITED BUSINESS



CHEMISTRY
ISN'T ALWAYS ENOUGH

The truth is, medications like Viagra®, Cialis®, and Levitra® don't work for all men in treating erectile dysfunction (ED). [1,2,3] If you aren't getting the results you seek, maybe it's time to discover a satisfying treatment that may help put the sizzle back into your sex life![4]

**Attend a FREE Men's Health Seminar:**

Topic: **Erectile Dysfunction**

Presented by: **J. Francois Eid, M.D.**

Date: **Thursday, Nov. 14th**

Place: **435 East 63rd St., NY, NY 10065**
*Between York and First Ave.*

Times: **Registration: 5:45 | Seminar: 6:00**

*Partners and guest welcome.*

**Space is limited, call to register today.**

**212-535-6690**

**www.urologicalcare.com**

1. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.
2. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.
3. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.
4. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prostheses. American Medical Systems. 2012.

VIAGRA® is a registered trademark of Pfizer Inc. CIALIS® is a registered trademark of Eli Lilly and Company Corporation. LEVITRA® is a registered trademark of Bayer Pharmaceuticals, Inc.

AMS
an endo health solution

**Rx Only**
© 2013 American Medical Systems, Inc.
All Rights Reserved. Minnetonka, MN 55343
**AMSUS/MH-00633(1)/May 2013**
www.AmericanMedicalSystems.com

**1-800-328-3881**
**U.S. Use Only**

# Survivors 'walk like zombies' after deadly typhoon kills 10,000

People walk among debris and destroyed houses in Palo, on the eastern island of Leyte on Sunday. / GETTY IMAGES

**Strong.** Sustained winds in the storm reached 195 mph and wind gusts up to 235 mph were recorded.

One of the most powerful storms ever recorded killed at least 10,000 people in the central Philippines, a senior police official said on Sunday, with huge waves sweeping away coastal villages and devastating one of the main cities in the region.

Super typhoon Haiyan destroyed about 70 to 80 percent of structures in its path as it tore through Leyte province on Friday, said police chief superintendent Elmer Soria, before weakening and heading west for Vietnam.

As rescue workers struggled to reach ravaged villages along the coast, where the death toll is as yet unknown, survivors foraged for food or searched for lost loved ones.

"People are walking like zombies looking for food," said Jenny Chu, a medical student in Leyte. "It's like a movie."

Most of the deaths appear to have been caused by surging sea water strewn with debris that many said resembled a tsunami, leveling houses and drowning hundreds of people in one of the worst disasters to hit the typhoon-prone Southeast Asian nation.

The national government and disaster agency have not confirmed the latest estimate of deaths as of Sunday night, a sharp increase from initial estimates on Saturday of at least 1,200 killed by a storm.

REUTERS

**Quoted**

**"From a helicopter, you can see the extent of devastation. From the shore and moving a kilometer inland, there are no structures standing. It was like a tsunami."**

Interior Secretary Manuel Roxas

**Samar**

**300**

About 300 people died in the neighboring Samar province, where Haiyan first hit land on Friday as a category 5 typhoon, with 2,000 missing, said a provincial disaster agency official.

**American church**

## US bishops to select leaders as pope urges new focus

U.S. Catholic bishops will choose new leaders at an assembly in Baltimore this week and possibly signal a new direction for the American church under the influence of Pope Francis.

The conference begins Monday and all eyes will be on whether the new leaders of the U.S. Conference of Catholic Bishops continue vigorous opposition to gay marriage and to Obamacare's contraceptive mandate, or increase their push to help the poor and immigrants given Pope Francis' emphasis on social justice issues.

The new leaders also will be preparing for an "extraordinary synod" of bishops in Rome to discuss teachings related to the family.

REUTERS

# Senator to block Obama's nominations over Benghazi

**GOP.** Several Republicans have threatened to put holds on Yellen's nomination.

Republican Sen. Lindsey Graham on Sunday said he will try to block White House nominations for key jobs until he gets more information on last year's attack on the U.S. mission in Benghazi, even after a TV network pulled back from a story on the attack that Graham had cited.

Graham has threatened to block President Barack Obama's nominations of Janet Yellen to head the Federal Reserve and Jeh Johnson to head the Department of Homeland Security until the administration provides more information on how the attack occurred.

CBS news magazine "60 Minutes" on Friday said it would correct an October report on the September 11, 2012, assault on the U.S. diplomatic mission in Benghazi, Libya, saying that a source who told the program that he had been present at the scene gave conflicting testimony to the FBI.

Graham had cited the report as evidence that the mission did not have adequate security. REUTERS

Republicans in Congress have said the assault on the mission and the death of Ambassador Christopher Stevens show the Obama administration has failed to maintain security at foreign posts. / GETTY IMAGES

**Quoted**

**"My request has been going on for a year, to talk to the five survivors of the State Department."**

Graham
On CNN's "State of the Union"

**Party divided**

## Palin tells Iowa conservatives it's time 'to stiffen our backs'

Former Alaska Gov. Sarah Palin, who rallied members of the Tea Party in their failed effort to defund Obamacare, lashed out on Saturday against members of the Republican Party who agreed to end the government shutdown.

The 2008 Republican vice presidential nominee's comments during a speech in Des Moines come at a time of division within the party over the strategy conservative members of Congress adopted in forcing a 16-day shutdown of the federal government last month.

Polls have shown voters blamed Republicans for the shutdown. REUTERS

**Nomination**

## Yellen to prevail over Fed critics at Senate hearing

Janet Yellen will be forced to defend the Federal Reserve's ultra-easy monetary policy when she faces senators later this week, but critics have little hope of sinking her nomination.

Nominated by President Obama to succeed Fed Chairman Ben Bernanke, Yellen will have to endure plenty of heated anti-Fed rhetoric from Republicans on Thursday, when she appears before the Senate Banking Committee. REUTERS

DERMATOLOGY
Medical, Cosmetic & Surgical Dermatology
All Skin Disorders • All Nail Disorders • All Hair Disorders • All Skin Growths

- Acne
- Cysts
- Warts
- Vitiligo
- Herpes
- Rashes
- Eczema
- Psoriasis
- Hair Loss
- Seborrhea
- Aging Skin
- Birthmarks
- VD & STDs
- Skin Cancer
- Skin Growths
- Genital Warts
- Skin Allergies
- Nail Disorders
- Mole Removal
- Chemical Peels
- Leg Vein Removal
- Broken Blood Vessels
- Red Spots
- Torn & Split Earlobe Repair
- Custom Skin Care
- Scar Correction
- Scalp Conditions
- Fungal Conditions
- Wrinkle Treatment
- Tumors & Growths
- White & Dark Spots
- Complexion Problems
- Laser Treatments
- Restylane
- Hair Removal
- Botox/Collagen
- Skin Rejuvenation
- Cosmetic Skin Surgery
- Laser Peels

All Insurance Plans, Unions, HMOs, PPOs Medicare & Medicaid Accepted
Day, Evening & Weekend Appointments Available
Board Certified / University Affiliated

Advanced Dermatology Associates Parkchester
1455 West Avenue, Bronx, NY 10462 • Tel: 718-239-1500
*Right next to the Post Office and Macys*

**Bronx: Co-op City**
2100 Bartow Ave., Suite 211,
Bay Plaza Shopping Center
718.671.1000

**Midtown Manhattan**
200 Central Park South, Ste 107
Corner of 7th Ave & 59 St.
212.262.2500

**Bronx: Third Ave**
291 E. 149th Street,
Bet. Cortland & Morris
718.742.1000

www.adv-derm.com
1.800.545.SKIN (7546)

ANDREW MARC
SAMPLE SALE
LUXURY FABRICS, FINE LEATHER & SHEARLING OUTERWEAR
NOV. 9TH to NOV. 17TH
SAT & SUN - 10 AM TO 6PM AND MON TO FRI 8AM TO 7PM
PENN PLAZA PAVILION
ADJACENT TO HOTEL PENNSYLVANIA
STREET LEVEL ENTRANCE ON 7TH AVE
FOR INFORMATION: 212 840 1800
VISA•MASTERCARD•AMEX•NO CHECKS•FINAL SALE
ANDREWMARC.COM

Metro exclusive

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the sixth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

# Day 6: Temp contemplates the remains of Detroit

My weekend was a social flop. I mostly helped my sister paint her basement suite yellow, while my scheduled meeting with Mr. Shoeman was called off at the last minute when his boss phoned with a pair of cage-boxing tickets at the Civic Arena.

Sometimes a girl has to know when to admit defeat.

Monday morning Amy dropped me off at work just in time to see a tow truck drag away the charred husk of Kevin Taylor's prized 1968 Shelby GT 500 that was carbecued in Friday's warehouse mess.

Kyle rolled up just as Amy dropped me off. It was so sad, like watching a beached dead whale being dragged out to sea to be dynamited into chunks.

"Detroit peaked with that car," said Kyle. "Motown's high-water mark." He gave it a salute.

Amy said, "Look at how small it is — I mean, compared to my car."

We compared and she was right; her 2010 Hyundai Elantra is almost the exact same volume as a big-ass 1960s Mustang — and yet we think of modern cars as kind of like photocopiers on wheels while the Mustang … that's a car.

Kyle asked what the car was doing in the warehouse anyway. I said, "Kyle, can you keep a secret?"

"Sure. What's up?"

"Kevin Taylor was going to sell that car to pay for his wife's casino gambling addiction."

"Seriously?"

"Seriously. A hundred and 20 grand. I accidentally overheard a speakerphone call."

"Poor guy. My stepdad blew a $25,000 whiplash claim check all in one weekend."

Kevin Taylor's GT 500 lives on in Shannon's memory. / GETTY IMAGES

He paused. "So, are you going to see Kung Fu guy again?"

"Kyle! That is so incredibly ever-so-slightly racist — and even if I was, what's it to you?"

"Just curious. What do you guys talk about — terra-cotta warriors? Gong Li movies?"

"Kyle, this conversation is over."

"So there is something going on."

I sighed. "We're, um, working on a project together."

"A project."

"You make it sound dirty. We're working on a platonic business venture. He is a nice conservative Chinese guy."

"OK. Don't tell me then."

"When do you find out if you got your refinery job?"

"Maybe this week."

"Is that a delivery for TKW you're holding?"

"It is."

I took it from him. "Thank you." I sauntered into the building purposefully whistling like someone trying to be mysterious. Inside the door I saw Sarah No. 1 waiting for me. What a way to start the week.

"Hello, Sarah."

"Hello, Shannon."

I remembered my pledge to be nicer to the office's remaining Sarahs. "Can I help you with anything?"

"Shannon, can I take you out to lunch today?"

Talk about a surprise. "Seriously?"

"Yes. Seriously."

Life is strange. "OK."

"See you here at noon."

"Deal."

New York City's Premiere
Medi-Spa and Wellness Center

manhattan total health

SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY

Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090

Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127

West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140

Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868

www.manhattantotalhealth.com

At USA Vein Clinics, we are proud to serve those who

serve our communities

We are grateful for the service of our veterans, active military, teachers, police officers, firefighters, mail carriers, and a host of others. On this special day of remembrance, we humbly say "Thank you."

If you have leg pain, heaviness, swollen or itchy legs, come for a **FREE vein screening** in November.

116-02 Queens Blvd, Forest Hills
1153 First Ave, Manhattan
2511 Ocean Ave, Suite 102, Brooklyn
2444 86th St, Ste A,
Bensonhurst, NY 11214

www.USAVeinClinics.com

Call Us To Schedule
A Consultation
(718) 732-0231

Your Legs Are In Trusted Hands.™

USA Vein Clinics

# Giving lawyers a new life path

**Books.** Being a lawyer isn't the only choice for JDs.

Law school is famed for being a sure path to a decent (if not astronomical) salary, job security and an intellectually engaging career. But Liz Brown's success as a litigator started making her feel — in short — icky. So, she turned her back on the money and decided to see where else her Harvard Law degree could take her. Her exploration became a book, "Life After Law," where 30 former lawyers weigh in as a primer for JDs on how to leverage lawyer skills in fields as diverse as psychology, rabbinical leadership and journalism. Brown is happy to report that her work as a professor of business law at Bentley University, where she teaches law to business students, is a great fit.

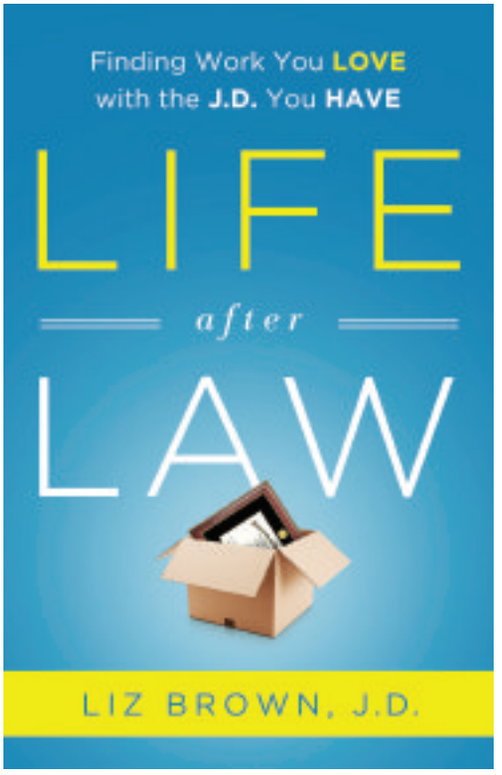
**Why did you write "Life After Law"?**
I wrote the book because it's exactly the advice I wanted to have when I was going through my own transitions. I had no idea how to leave the legal profession. I was embarrassed, because who wants to leave a nice high-paying job like that?

**Yeah, why did you?**
I just didn't enjoy litigating anymore. I didn't enjoy spending my life billing clients for work that honestly could have been done in half the time.

**That sounds lucrative.**
I spent my days fighting with people and my values had changed to the point where I wanted to do something collaborative and creative. If you don't like fighting, then you're in big trouble if you're a litigator. When I was in my 20s, it was fun to write snarky letters to opposing counsel or bite people's heads off professionally. In my 30s, it got old and a lot of the fight went out of me. The drive to do something important was still there, but I didn't know what it was. I knew I wasn't spending my life doing something that I was proud of — and that was bothersome.

**What do you think traps lawyers in the profession?**
I think that a mistake that lawyers make is to think all they can do is practice law in a different way or in a different setting. My book is about reframing the skills that lawyers have. It's not like starting over, it's moving over. The way you move over as a lawyer is translating what you've enjoyed doing as a lawyer into terms that a non-legal employer is going to find valuable.

**How can unhappy JDs figure out what to do?**
They should think about having a rewarding life and career. I want them to think beyond law firms and about what interested them in the law in the first place. Was it the writing? Was it the counseling? Was it the interest in justice?




**Quoted**

**"If you don't like fighting, then you're in big trouble if you're a litigator."** Brown

**Tip**

## What's your advice to students looking into a career in law?

My advice to people who are considering law school is to research intensively what lawyers actually do. Get a good sense of what legal jobs you want specifically before you go to law school. So many people don't understand what it is to work at a law firm, and I think if more people saw the day-to-day realities, they would make a better informed choice about whether or not law school is right for them. The legal profession plays a very important role in society. The problem is not with the law itself, it's a problem with a lack of knowledge of what the practice of law in all its forms really looks like.

Liz Brown / PROVIDED

JULIA FURLAN
julia.furlan@metro.us

ADVANCE YOUR CAREER
Get Your Business Degree!
Graduate in Under 2 Years
Day, Evening & Weekend Classes
Financial Aid & Scholarships
Available to Those Who Qualify
CALL TODAY
mildred-elley.edu (866) 755-5092
GI Bill Approved
Accredited Member, ACICS
MILDRED ELLEY
A career college in NYC
25 Broadway, Floor 16
New York, NY
The Power to Change Your Life
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

MASSAGE THERAPY
Day, Evening & Weekend Classes Available
• Located in Manhattan's Financial District
CALL TODAY
(888) 500-0953
mildred-elley.edu
GI Bill Approved
Accredited Member, ACICS
MILDRED ELLEY
A career college in NYC
25 Broadway, Floor 16
New York, NY
The Power to Change Your Life
For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

MILDRED ELLEY NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154 MILDRED ELLEY

Jump Start your Career!
Become an Ultrasound Technologist

Day and Evening Classes Available
Specializations in Diagnostic Medical Sonography, Cardiac and Vascular Medical Sonography
INSTITUTE OF ALLIED MEDICAL PROFESSIONS
HOBOKEN CAMPUS
2 Hudson Place, 6th floor, Hoboken, NJ 07030 • 201 850-1633
MANHATTAN CAMPUS
225 West 34th Street, Suite 1000, New York, NY 10122 • 212 461-4212
iamp School of Medical Imaging
www.iamp.edu
Find us on Facebook

City Tech's Green Advanced Manufacturing Collaborative The CareerPATH Program in Manufacturing

EARN COLLEGE CREDITS TOWARDS A DEGREE IN MANUFACTURING

ALL EXPENSES PAID

NYC College of Technology (City Tech), CUNY's designated college of technology, offers stackable, credit-bearing industry-recognized credentials in Mechanical Engineering Technology and Industrial Design Technology. Wrap-around support services and job placement assistance are provided to program participants.

ARE YOU ELIGIBLE?

- 18 years old (preferably 24 or older)
- High School Diploma/GED or college credits
- US Citizenship or legally authorized to work in the US
- Displaced workers and incumbent workers, veterans, unemployed, underemployed, and prospective college students
- Take the CUNY Assessment Test (CAT)
- Demonstrate strong math skills

CALL TO RESERVE A SEAT IN OUR UPCOMING INFORMATION SESSIONS ON:

November 14th & 19th, 2013

The CareerPATH Program Advisor
718- 552-1150
gamc@citytech.cuny.edu
www.citytech.cuny.edu/bitc/manufacturing

New York City College of Technology
Business & Industry Training Center
Dept. of Mechanical Engineering Technology & Industrial Design

This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timelines, usefulness, adequacy, continued availability, or ownership.

The CUNY CareerPATH Program is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.

@GAMCCityTech

# Study notes: Red lunch, green lunch

**In brief.** News and studies from a campus near you.

## Traffic light food labels promote healthier eating

According to a new study conducted by the Harvard-affiliated Massachusetts General Hospital cafeteria, food choices could become easier to make thanks to color-coded labels inspired by traffic lights.

Foods were simply labeled with red, yellow or green stickers to reflect their nutritional quality. Cash registers in the cafeteria were programmed to record the color-coded purchased items, and customer surveys taken before and after the experiment showed the stickers were associated with making healthier choices.

Dr. Lillian M. Sonnenberg of MGH Food and Nutrition Service and corresponding author of the report says, "The traffic light system is simpler and does not require any literacy or numeracy skills to understand."

And it's downright healthier, too. She adds, "Our findings suggest that the traffic light labels prompted more people to consider their nutrition at the time they were making a purchase, and this was associated with healthier purchases for customers who noticed the labels."

Diners who play a game of "red sandwich, green sandwich" may opt for the more nutritional choice, a new study shows. / MASS. GENERAL HOSPITAL

## NYU launches media and games facility

Got games? New York University sure does. This semester its multischool facility in Brooklyn (all 40,000 feet of it) encompasses offices, studios and work spaces, labs and common research areas for MAGNET, its media and games facility, bringing together faculty from engineering, computer science, game design and learning sciences. Frank Lantz, director of the NYU game center, points out: "The goal is to create a huge space where departments doing related work can find opportunities to collaborate."

The facility represents growth and good timing across various departments, according to digital media professor Jan L. Plass: "Steinhardt admitted its first group of students into the new M.S. in Games for Learning and doubled its enrollments in their M.A. program in Digital Media Design for learning," she says, naming other programs as well. Lantz adds, "The whole idea is, 'Let's set aside the institutional differences and the boundaries of departments and see what happens when we use physical space to encourage overlap."

Plus, there's cool equipment that otherwise wouldn't be affordable. "We get to share 3D printers!" Lantz quips excitedly.

Fordham Law

## Middle schools learn privacy

Fordham Law School's Center for Law and Information Policy has released curriculum for the first time for privacy education. It partners law student volunteers around the country to enlighten middle schoolers.

Joel R. Reidenberg, Fordham Law professor and founding director of CLIP, explains the necessity: "Teenagers are widely sharing personal information online and need to know how to practice safe computing. We think it is essential for teens to learn how online activity affects their privacy," he says.

VICKI SALEMI
letters@metro.us

Interested in the Justice System?

Just not sure where you fit in?

Consider LEGAL STUDIES at Briarcliffe College where you will learn over 20 different fields of law!

Day and Evening Classes Available

BRIARCLIFFE COLLEGE
Go Far.
Bethpage | Patchogue

877.490.9777
www.briarcliffe.edu

Career Education 566742–10/13. Find disclosures on graduation rates, student financial obligations and more at www.briarcliffe.edu/disclosures Briarcliffe College cannot guarantee employment or salary. While many of our degree programs are designed to prepare graduates to pursue continued bachelor, graduate or doctorate-level education, the University cannot guarantee that students will be granted admission to any programs.

VISUALIZE YOUR SUCCESS @ LIBI

EARN AN ASSOCIATE'S DEGREE IN:
- Homeland Security & Security Management
- Business Management
- Hospitality Management
- Emergency Care Management
- Office Tech/ Medical Office
- Accounting

CERTIFICATE PROGRAMS IN:
- Elder Care Administration
- Hospitality Management
- Digital Marketing
- ESL and many more…

Financial Aid Available for those who qualify

Call Now, Classes Start Soon

www.libi.edu
Long Island Business Institute 718.939.5100

For consumer disclosure, please visit www.libi.edu and click Gainful Employment Data

136-18 39th Avenue 5th Floor
Flushing, NY 11354

# 1 Raisman: Don't judge the 'DWTS' athletes

Gymnast Aly Raisman, who captured the gold at last year's Summer Olympics before catapulting into a stint on "Dancing With the Stars," says that gymnasts and other athletes do not have an unfair advantage over other contestants on the hit ABC show.

"Dancing is so different than doing floor routine — your priority [there] is tumbling, and then out there it's dancing with your partner and being in sync with them," says the pint-size powerhouse, who was on-hand to open the 92 St. Y's new skyline gymnastics studio in New York on Sunday. "Gymnastics has nothing to do with cha-cha, rumba or samba — it's the exact opposite."

And just because she's an athlete doesn't mean she's not a klutz like the rest of us. "People think we're coordinated because we twist, we do all this stuff, but we're really not," she adds. "We just trip and fall all the time; we're so clumsy sometimes."

Raisman says she has been following this season, watching it on YouTube because she's practicing when it airs at night. She's mum on which celebs she thinks will make it to the finals, but there is one pro whom she's confident could capture the trophy.

"I feel like Derek [Hough] is in his own league — he's amazing," she says. "He's won three times and he's been in the finals a bunch of times, so I think he's definitely one to watch." **MEREDITH ENGEL**

GETTY IMAGES

## When Fonda met Lawrence

**Talk about blond ambition: Jane Fonda and Jennifer Lawrence, sporting her new Kate Gosselin cut, posed together at the reception for An Evening With David O. Russell, a special tribute during AFI Fest 2013, in Hollywood on Friday. The event, which celebrated Russell's contribution to film, showed off the first six minutes of his new film, "American Hustle," which stars Lawrence, Christian Bale and Bradley Cooper.**

# Simpson returns to Weight Watchers

A long time ago, Jessica Simpson was paid $3 million to say she lost her baby weight from daughter Maxwell thanks to Weight Watchers. A few commercials came out, she did drop some pounds, but then — boom! — she became pregnant again with the fetus who would become son Ace Knute, thus putting the deal on hold.

But now the points are back to being counted, friends! "We were thrilled to welcome Jessica back on the Weight Watchers program in August," a company spokesperson confirms to omg!. "With a toddler on the run and an infant to look after, we know she needs a plan that's simple and fits into her life along with the support that's so important to moms with young children."

# 2 CULTURE

**Twitter feed**

**We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

**Today, Cameron Diaz is getting the hang of Twitter and Whitney Cummings is feeling left out.**

**@CameronDiaz: I JUST got a super cool new app called Twitter. Twelloooo!!!**

**@WhitneyCummings: Twitter is great for seeing who of your friends is awake but hasn't texted you yet**

# THE WORD

Dorothy Robinson takes on the world of gossip

**DOROTHY ROBINSON**
@dorothyatmetro
dorothy.robinson@metro.us

# Mackie busted for DWI

Actor Anthony Mackie was arrested in New York City for driving while intoxicated over the weekend, according to TMZ. Mackie, who will play The Falcon in the upcoming Captain America film, was initially pulled over because of the tinting on his car's windows, but when police noticed alcohol on his breath and bloodshot eyes they conducted several field sobriety tests, which he reportedly failed. He refused to take a blood-alcohol test and had his license suspended.

**Did you have SHINGLES? Still in PAIN?**

Do you experience:

❒ pain that is sharp, jabbing, or burning
❒ itching or numbness near the shingles area
❒ skin sensitivity ❒ loss of sleep due to the pain

If it has been 9 months or more since the skin rash appeared and you are still in pain, you may be suffering from Postherpetic Neuralgia or PHN. PHN occurs as a result of damage to the nerves during a shingles outbreak. If you are between 18-80 years old, you may be eligible to participate in our research study, which includes investigational medication for PHN pain, at no cost to you. Please call for more information.

**(212) 595-5012**
**The Medical Research Network, LLC**
134 E. 93rd St., New York, NY • www.MedicalResearchNetwork.com



metro

**HOLIDAY GIFT GUIDES**

**DECEMBER 5, 2013**
Hostess gifts, stocking stuffers, and what's on celeb must-have lists.

**DECEMBER 12, 2013**
Our haute holiday gift guide for him and her, packed with amazing gifts.

**DECEMBER 19, 2013**
Still looking for that perfect present? We've got lots of smart, last-minute suggestions that are sure to please.

A guide series to the coolest gifts to give (and ask for) this holiday season.

**FOR ADVERTISING OPPORTUNITIES CONTACT:**
advertising@metro.us
or 212-457-7735

*Special sizes, inserts and creative executions are available.*

**Stop Suffering From Leg Pain!**

Stop Suffering from
Varicose Veins and Spider Veins with
one simple in-office procedure!

*Now covered by most insurance plans - 100%*

*Call now to schedule a consultation.*

nuVISION SURGICAL & MEDSPA

*Dr. John Anastasi*

20 East 46th Street,
Suite 501, New York, NY

212-889-1171
mynuvision.com



metro

METRO IS THE **MOST READ** FREE DAILY NEWSPAPER IN NEW YORK WITH OVER 730,000 DAILY READERS!

**FOR ADVERTISING:** advertising@metro.us or 212-457-7735 Source: Scarborough R1 2013




# A real sleeper hit here

**TV.** "Sleepy Hollow" star Tom Mison talks Ichabod Crane and riling up romance.

Tune in to "Sleepy Hollow" on Monday nights at 9 p.m. on Fox. / FOX

Hold on to your heads! Fox's "Sleepy Hollow" has been picked up for a second season.

The show, a sort of modern-day retelling of Washington Irving's "The Legend of Sleepy Hollow," follows the resurrection of Ichabod Crane in a very unfamiliar modern-day Sleepy Hollow. According to Tom Mison, who plays Crane, adjusting the character to the 21st century makes the role a challenge. But don't worry; he will soon change that 250-year-old outfit he wears.

"In terms of the character, he's a long way from home — 250 years away from home — so anything that he can hold on to from his time, I think he certainly will," Mison says of Crane's wardrobe. "Anytime you think of how much he stinks, just think of it as a big stinking security blanket that he carries around with him. That will be mentioned very, very soon; you'll see the question of clothes coming up."

Also coming up, viewers learn about Crane's past through flashbacks to 1776 in each episode. American history references run parallel to a plot about stopping the murderous, resurrected Four Horsemen of the Apocalypse, regardless of whether or not viewers would deem this storyline plausible.

What fans are definitely hoping is plausible is a romance between Ichabod Crane and Lt. Abbie Mills (Nicole Beharie), the young cop helping him stop evil.

Mison, however, is not spilling any details.

"I think there is certainly something magic between Ichabod and Abbie; they're forced together whether they want to be or not," Mison says. "They certainly have a connection, and if anything were to happen between them it would certainly be fiery."

**ANISA ARSENAULT**
letters@metro.us

**Offscreen dynamic**

### More than run of the Lt. Mills

Mison says he and Beharie have a great dynamic. "We like to explore scenes as a team; and yes, she's as wonderful offscreen as she is on," he says. "I'll look back on this job and hold it in really high regard, a bit largely thanks to Nicole, my coat and boots, obviously."


**Overweight Men Needed for a Research Study**

The Rockefeller University Hospital is seeking overweight **men** for a study on resveratrol, a substance found in red wine**.

**You may be eligible if you are:**
- 30-60 years of age
- Very overweight (BMI 30-40)
- A non-smoker
- Not taking oral medication for diabetes

**Participation involves**:
- A 35 day inpatient stay at The Rockefeller University Hospital (private room)
- Fat biopsies
- Blood work
- Taking resveratrol or placebo (sugar pill)

**The study does NOT involve drinking wine
Compensation is provided for participation.

**To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu**



**Professional Foot Care Specialist**

- State of the art non-surgical treatment for foot and heel pain
- Minimal invasive procedures for corrections of bunions and hammertoes
- Weekend and evening appointments available
- Most insurance plans honored
- Free consultation
- Non-injection therapy for heel pain
- 1 2 3 A B C 4 5 6 N R

**New Cutting Edge Laser for Toe Nail Fungus! ONLY $500**
Expires 11/30/13
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
DRJEFFREYROSENBLATT.COM

225 Broadway, Suite 1420
New York, NY 10007
212-385-3800
(Financial District)

**New Location**
408 Jay St., Suite 500
Brooklyn, NY 11201
718-875-9251
(Metrotech)

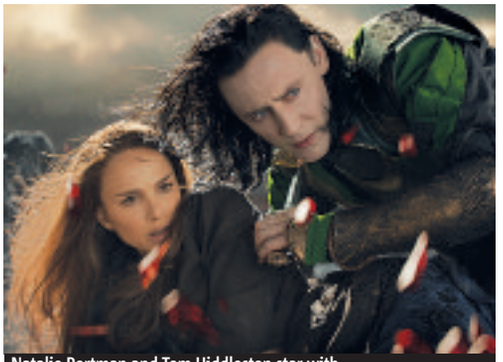
Grand Central-Midtown
15 West 44 St., 8th FL
New York, NY 10036
212-391-1279

Long Island Location
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023

Convenient Lower Manhattan & Brooklyn Locations!

# ‘Thor: The Dark World’ clobbers the competition

**Box office.** The superhero film takes in $86.1 million in its opening weekend.



Natalie Portman and Tom Hiddleston star with Chris Hemsworth in the new “Thor.”/ DISNEY, MARVEL

“Thor: The Dark World,” the 3-D film starring Chris Hemsworth, trounced last week’s top movies, bringing in $86. 1 million in ticket sales.

Raunchy comedy “Jackass Presents: Bad Grandpa” finished in second place with $11.3 million from Friday through Sunday, according to Hollywood.com.

“Free Birds,” the 3-D movie featuring the voices of Owen Wilson and Woody Harrelson as turkeys who team up and travel back in time to get turkey off Thanksgiving dinner plates, earned the No. 3 slot with $11.2 million, just ahead of senior citizen buddy comedy “Last Vegas,” which took in $11.1 million.

“Thor: The Dark World” also hauled in $94 million from international markets, where the movie began playing on Oct. 30, distributor Walt Disney Co. said. IMAX showings added another $11 million globally, and its combined global sales through Sunday reached $327 million.

The new “Thor” installment co-stars Natalie Portman as the love interest for Thor, the mighty God of Thunder who battles to save his homeland of Asgard from evil forces. Tom Hiddleston plays Thor’s villainous brother Loki.

“Thor 2” fell a bit short of industry forecasts that it would kick off with up to $92 million at North American theaters. But the sequel opened stronger than the original movie, which debuted with $65.7 million in May 2011.

Thor also appeared in the 2012 smash-hit movie “The Avengers,” which helped stoke interest in the character. REUTERS

**Top 5 earners**

1. ‘Thor: The Dark World’ $86.1 million
2. ‘Jackass Presents: Bad Grandpa’ $11.3 million
3. ‘Free Birds’ 11.2 million
4. ‘Last Vegas’ $11.1 million
5. ‘Ender’s Game’ $10.3 million


spa Jolie

LASER, ANTI-AGING & SLIMMING CENTER NOVEMBER SPECIALS

Black Friday.. the entire month of November Spa Jolie offering.. 50% off!!

**Anti Aging Treatments**

**Gentle Wave...**reduction of eye bags..10 for $250
**Crows Feet** or collagen eye mask treatment $7.50
**Collagen Mask** treatment $10
**Clear and Brilliant..** slows down aging..gives back glow..$199
**Fractional Laser..**reduce stretch marks, acne scars and fine lines $99
**Professional Teeth Whitening** 3-6 shades lighter $50
OPEN THANKSGIVING DAY!

**Slimming Specials... 50% Off Pre Holiday Sale**

**Zerona...**full body inch loss..in 2 weeks Buy. 6. For 399. Get 6 free
**Cavitation ultrasonic...** fat blaster..permanent and painless. $50
**Slimming body wrap..**reduce toxins. $50 includes **mini facial**

**50% Off Spa Services**

**Lymphatic** 45 min massage. 37.50
**Facial incl.** extractions with collagen eye mask. $35
**UV gel.** Light manicure. 17.50
**Deluxe Spa Mani and Pedicure.** 22.50
**Full Body Wax.** 49.50
**Brazilian. Wax.** 17.50
**Full Leg with Brazilian.** 27
**Microdermabrasion ..**reduce pigments $37.50
All gift cards..for any services.. 50% off For you or a friend.
WE WILL BEAT ALL COMPETITORSCOUPONS BY 10%
CALL TODAY FOR A FREE CONSULTATION EXP. 11/31/13

180 7th Ave South West Village, btwn W 11th St & Perry St
**212 229-0399**

TIRED OF
**MASKING**
THE PROBLEM?

If you’re one of the thousands who’ve been prescribed a CPAP mask to stop snoring and treat your sleep apnea, you already know that going untreated is not an option. Ignoring your condition can lead to serious health issues.

**eOs sleep’s** Board Certified physicians offer many different treatment options, some can take as little as 20 minutes.

eOs sleep®
Snoring & sleep apnea doctors you can trust
eOsSleep.com

Treatment protocols may differ from patient to patient. After a thorough exam,an eOs specialist will recommend the right solution for your particular condition.

**New York City • Long Island**
**1 800 eOs sleep** (1 800 367 7533)



Great News:
**Affordable Care Action for Dentistry!**
Call or go online to Apply & Qualify
Call 212-779-3493 24/7
Apply www.SmileArtistNY.com
Dental Plan: Reduced to only $20 per month!

**“You too can have a Natural Gorgeous *sexy* Smile for** as low as **$99/month by NEW 3D imaging CAD/CAM *Laser* @ Relaxing Holistic Park Ave Dental Spa!***
“I had a Quick, Comfortable, Pleasant visit”
50% off ends 11/30/13

invisalign Express For $1999
Straight Teeth in 5 months, No Braces!* OR
Braces for $99/month* www.Ortho99.com

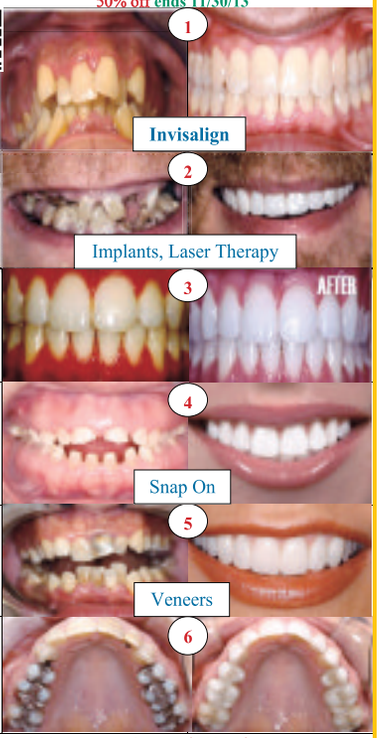
Implants/2 visit *Extreme Smile MakeOver*
Proven *Laser * Dentistry*
BEST Fees & Quality *Guaranteed* on all procedures as low as $999

ZOOM! Whitening
Save
Now Only $199 – Exam/Cleaning $49

snap on smile or
Natural Strong Dentures as low as $999

LUMINEERS BY CERINATE Porcelain Veneers
Discover
Natural Veneers as low as $999

CEREC One-visit dentistry
Whiten all Silver Fillings/ as low as $999




Treatment of pain, Bad Breath/Halitosis, Gummy Smile, Gingivitis. Laser Dentistry, and 500+ other treatments.
*Promotions end 11/30/13. Must qualify. Limitations apply. Not all patients qualify for the same treatments.

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 35 years
Smile with Confidence

NEW PATIENT PACKAGE
MAINTENANCE CLEANING DIGITAL X-RAYS $89
With this ad only. One per patient. First visit only. Coupon expires 11-31-13
NEW PATIENTS ONLY
ONE DENTURE RELINE $194
With this ad only. One per patient. First visit only. Coupon expires 11-31-13
DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION
You Can't Afford to go Anywhere Else!
MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME
Senior Cit. Discounts on new dentures and crowns
Full Service State of-the-Art Cosmetic Dentistry
224 West 35th St., New York, NY 16th Floor (between 7th and 8th Avenues)
Harold Square Dental & The Denture Center Est 1971
CALL NOW!
212-689-0024
www.denturecenter.com

metro
EVERY WEEK, METRO
REACHES 124,000 MORE ADULTS
IN NEW YORK THAN AMNY
[Integrated Newspaper Audience - Metro: 1,516,513, amNY: 1,392,442]
FOR ADVERTISING: advertising@metro.us or 212-457-7735 Source: Scarborough R1 2013



'Unconventional'

## On starting out in film

**You came from a theater background. But you had an unusual first film, the Lars Von Trier film "Breaking the Waves."**
My first film was very unconventional in terms of the process. We did scenes over and over and over. He'd put a handheld camera in the middle of scenes and we just kept working. It felt like an endless rehearsal.

**That must have made every film after a piece of cake?**
[Laughs] I suppose so.

**How do you feel about the film now?**
I feel very warm toward it, very emotional about it. My very dear friend Katrin Cartlidge — who died — is in it. It changed my life, really.

MATT PRIGGE
matt.prigge@metro.us

Emily Watson hadn't read Markus Zusak's best-seller "The Book Thief" before reading the screenplay. But as soon as she did, the actress knew she wanted a part in the film.

"I saw the title and thought, 'Ooh, that looks interesting. I won't put it on the pile on my desk to read next week. I will read it right now,'" she recalls. "And I sat down on my sofa and read it and wept and called my agent and asked, 'Who do I talk to? What do I do to get involved?'"

In the film, Watson plays a grouchy mother, Rosa, living in Germany under Nazi rule with a newly adopted child.

# EMILY WATSON

The actress didn't know about "The Book Thief" until the script showed up.

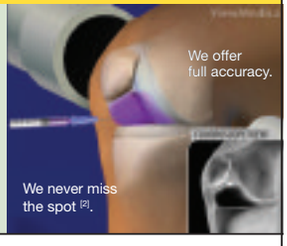
# HITTING THE BOOKS

GETTY IMAGES

**When you went back to the novel, what was different about your character?**
In the book, they actually have children of their own. ... But for our purposes, they made them childless — which was great, because I could use that as one of the things that Rosa was really angry [about] and disappointed by in her life. When she finds herself with a child, she is ultimately fulfilling a very deep-seated desire.

**What kind of research did you do?**
What was really great was we were filming in Berlin. Berlin is a very honest city. It wears its history on its sleeve. Everywhere you go there's a museum or a memorial. ... I wasn't sure what the etiquette would be. Can you just ask somebody, "Was your granddad a Nazi?" But after a while with some of the other actors, we began asking them about their family. And they were very generous. One girl had grown up in East Berlin during the Stasi. She grew up believing her parents and grandparents had great integrity and were not Nazis and didn't betray people to the Stasi. She then found out that wasn't true. She was absolutely devastated by it.

**This film is about a family who can't do anything about what's going on, beyond hiding Jews.**
Even if you didn't buy into what was happening, you had to navigate a very grotesque path through it. If you expressed dissent you were targeted.

Knee Arthritis Pain?
End Your Knee Pain Without Painful, Risky Surgery!
"Your #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."
Why You Should Choose Us Today
Precision is the difference. Experience it!
No blind injections. We always hit the mark.
X-ray guided procedure ensures accuracy
As Seen on NY1 1010 WINS


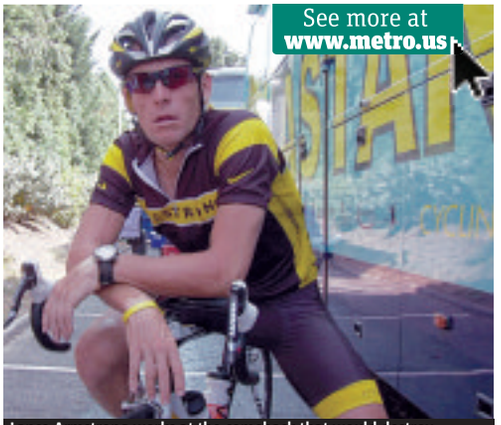
[2] Result may vary. Prior results cannot guarantee future outcomes.
Free Phone Consultation
To see a video of this incredible procedure visit:
www.KneesofNY.com
General 1 Medical P.C.
Most PPO insurances will cover this treatment*. We work with:
GHI MSHIP United Healthcare PPO Aetna PPO Empire Oxford Health PPO Medicare Part B
*Coinsurance and deductible apply.
Most Insurances Accepted Worker's Comp Accepted
800-458-1169
Call today to schedule your consultation!
130 William Street., Suite 903
Btw. Fulton & John St. - NYC 10038
Accessible by: 1 2 3 4 5 6 A C E J Z

ESSENTIAL Skin Care
www.essential-skin.com
Specializing in Problem Skin
Licensed Professionals
Introductory Offers!

Free consultations
Treat yourself to the gift of beautiful skin; We offer results, not promises!
"Body Massage + Facial $99 • Eyebrow / Eyeliner Tinting $25 • Ear Candeling $50"
Diamond Microdermabrasion Only $50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.
Botinal Wrinkle Treatment Reg $160 $125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.
Acne Treatment w/Glycolic Acid Peel Only $45
For oily and blemish skin with excessive blackheads/ whiteheads, acne scars and discoloration.
Back/Chest Deep Pore Cleansing $75/$35
Deep Cleansing Facial Reg $75 $40
Deep cleans and refreshes all skin types.
Brightening Peel Reg $125 $75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.
Body Slimming Wrap or Salt Glow Special $50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.
Back/Chest Glycolic Peel Only $55/$30
247 E. 50th St. 2fl btw 2-3ave NYC • Trains: E M 6 to Lexington Ave., Tel: 212-588-8866/212-253-9693

# Who's the real dope here?

**Documentary.**
"The Armstrong Lie" examines the biker's fall from glory, but not too deeply.



Lance Armstrong works at the comeback that would destroy his career in "The Armstrong Lie." / SONY PICTURES CLASSICS

**Review**

**'The Armstrong Lie'**

**Director:** Alex Gibney

**Genre:** Documentary

**Rating:** R

Since 2010, director Alex Gibney has averaged two or three documentaries per year. That's an incredible number for any filmmaker, and the rush shows. His films tackle hot-button issues — like Enron, torture, Jack Abramoff, Eliot Spitzer, WikiLeaks and more — but in a basic, shallow fashion. He's not an opportunist, per se, but what his films reveal is hardly ever surprising.

It was a given that Gibney would take on Lance Armstrong, whose belated confession to doping during the majority of his illustrious cycling career finally destroyed his reputation in January. Gibney originally meant to make his film in 2009, under considerably different circumstances: It was to be a portrait of his comeback, an attempt to prove that he wasn't a doper and could still, even at nearly 40, be a commanding racer who deserved his seven Tour de France wins. That proved hubristic, as it wound up only unleashing more allegations, these much more difficult to deny.

Gibney jumps back and forth between then and now, with an open yet still cagey Armstrong bitterly admitting the truth. The big draw of the film is that it includes Armstrong talking in a more open way than he did when he sat with Oprah Winfrey — but so what? He's not particularly reflective. Neither is Gibney.

Gibney touches on how the rise of the sport demanded such superhuman strength that not only was Armstrong taking power-boosting substances, but so was everyone else. This could be an interesting avenue: that we demand of our athletes something they could never give us naturally, then castigate them when they do it unnaturally. It's good that Gibney doesn't turn Armstrong into a martyr, but that's because he doesn't have anything to say.

MATT PRIGGE
matt.prigge@metro.us

**Jesus Christ – Lord or Figure-head?**

*"Not everyone who says to Me, 'Lord, Lord shall enter the kingdom of heaven, but he who does the will of My Father in heaven.'"*
***Matthew 7:21***

Figure-heads are common in business and governments – persons who seem to be in charge, but in reality have little or no power or influence. Others decide. Sadly that is true even in Christianity. Is Christ Lord (master) in your life? …In your church? He is our Lord only if we are in obedient submission to His will / word.

**Upper West Manhattan Church of Christ**
Meeting at 891 Amsterdam Ave. @ 103rd
In the NY AYH Hostelling International.
For more information: Call — 646-470-5239
Web -- nycbibleteacher.com

NY Hostelling International

**DENTAL IMPLANTS**

**$395*** per Implant
(Nobel Biocare ONLY $100 add'l)
+ post $595
+ Crown $795
Total $1,785
*Implant, post & crown must be completed at our office to qualify for promotional fees

***Speak with your Smile Today!*** Expires 11/30/2013

**Contemporary Dental Implant Centre**

CONTEMPORARY DENTAL IMPLANT CENTRE

**7 Convenient Locations**

41st & Madison Avenue
Brooklyn • Valley Stream
Smithtown *(Suffolk County)*
Massapequa Park • Scarsdale
Rego Park

**CT Scan-3D Views of the Jaw now available at our Madison Ave. location.**

**FREE CONSULTATION**
NEW PATIENTS ONLY
Over 2,000 implants placed each year.
*Must bring in ad at the time of consultation.*

**CALL 212-269-9500 TODAY!**
Se Habla Español www.TheNewYorkCenterForDentalImplants.com OPEN 7 DAYS A WEEK

**Do You Suffer from Varicose Veins?**

VENOUS ULCERS • SPIDER VEINS
LEG SWELLING • LEG FATIGUE & PAIN

ADVANCED VARICOSE VEIN TREATMENTS OF MANHATTAN
*Certified by the American Board of Phlebology*

*Minimally invasive procedures:*
• VNUS Closure/Venefit
• VenaCure Laser
• Asclera • VeinGogh
• ClariVein • Apligraf

Covered by most health insurances including Medicare

*Return to Your Normal Activities Within a Day!*

**212.204.6501**
www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

*Downtown Manhattan*
111 John St., Ste 1450
New York, NY 10038
(bet Pearl & Cliff St.)
Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

# Sculpt a body like Thor

**Workout.** As Chris Hemsworth reprises his role as the God of Thunder in "Thor: The Dark World," we speak to his personal trainer, Michael Knight, about how he stays fit and strong — even when he's not waving that hammer.

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training Chris Hemsworth on and off for years. Yup, even the star of the new "Thor: The Dark World" has a hard time maintaining that god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight. Hemsworth lost 30 pounds to play a Formula 1 driver in "Rush," and then had to put it right back on in time for "Thor." "So I always try and simulate the same workout in order to maintain his body shape in the long-term."

The "maintenance workout" — designed by Knight just for Hemsworth — revolves around three 20-minute sessions, which the star does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight says of his regime, which he adds "starts off slow and finishes with a fury."

"On some days, you're going into the time-under-tension method, which is where you're using really heavy weights to tire your core, and kettlebells. On other days, you might be doing double kettlebells, or working with a heavy tire, and finishing with a cardio blast. Whatever you do, each 20-minute session will leave you pretty shot."

Underneath that armor is a body of steel. / WALT DISNEY

## The Chris Hemsworth workout

If, like Hemsworth, you're already in shape, then this workout will keep you strong. And it's all about big lifts. "The idea is that you continually rotate body parts: One day you work your chest, the next day your back, then your shoulders, and then you go back to your chest and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight. You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

Unless you're auditioning for "Thor 3," you don't need to train exactly like Hemsworth. But this abbreviated version should still do the trick. Here's an overview of what your week will entail:

### Monday: Chest day

Today is a big barbell day. Your body is going to be torched.
**Highlights:** Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

### Tuesday: Back day

You're going to be a little sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.
**Highlights:** An active warm-up of one-legged dead lifts, followed by back-weighted pull-ups, and double kettlebell circuits to work the hips and the core.

### Wednesday: Off

### Thursday: Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.
**Highlights:** An active warm-up of dead lifts and strong-man log presses followed by light squats and thrusters. Finish with ropes gone wild.

### Friday: Chest day

You're doing dumbbells today.
**Highlights:** Inclined dumbbell presses with squats, followed by push-up circuits and kettlebell lifts.

### Saturday: Back day

This is a "show me what you've got left" day.
**Highlights:** Unweighted pull-ups, dead lifts and a metabolic cardio circuit, followed by jump ropes.

### Sunday: Off

## PLUS

**On Thor's plate?**

Knight suggests keeping your diet clean and recommends:

**PROTEIN:** Chicken, fish, plant-based protein powder, whole eggs, turkey, cottage cheese

**CARBS:** Oatmeal, green vegetables, brown rice, sweet potatoes and very little fruit (Although Metro is hesitant to recommend cutting fruit from your diet, Knight insists on it for this plan.)

**FATS:** Grass-fed butter, coconut oil, avocado

ROMINA McGUINNESS
romina.mcguinness@metro.lu

NEW TREATMENT AVAILABLE FOR CHRONIC FOOT PAIN

ESWT, also known as Shockwave Therapy is a new non-surgical treatment that uses sound waves to cure the chronic pain associated with plantarfasciitis, heel, arch, and achilles tendon pain.

New & Advanced Treatments

- Minimally invasive Bunion surgery
- Shockwave therapy for Heel Pain, Plantar Fasciitis, and Tendonitis
- Hammer Toe and Neuroma repair
- Laser surgery for Warts, Scars, and Toenails
- Toe Shortening and Straightening
- Cosmetic foot surgery

Most Insurance & HMO Plans Accepted

MANHATTAN PODIATRY • ASSOCIATES P.C.

Office Facility Accredited by the Joint Commission

MIDTOWN
133 East 54th Street
212.759.9090

DOWNTOWN
42 Broadway
212.785.1717

UPTOWN
157 East 86th Street
212.722.2424

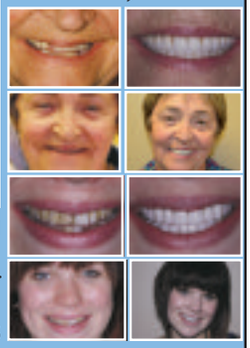
GRAND CENTRAL
36 West 44th St.
(5th/6th ave.)
212.768.7999

Board Certified in Foot & Ankle Surgery
www.relievefootpain.com

GoToAProsthodontist
If you have:
Long standing dental problems
Ill-fitting denture
Missing or Lost Teeth
Bite problems
Or Want to rejuvenate your smile

Prosthodontist is the only dental specialist in Cosmetic and Implant dentistry recognized by American Dental Association

(Actual patients of Dr. Malkin)



Complementary Consultation Exam or 2nd Opinion

Call us today to find out about our affortable prices

Dr. Olga Malkin
21 West 58th Street
212-355-4510
www.drolgamalkin.com

Dr. Malkin's work was featured on
The Doctors CBS 4 KNBC-TV
Your smile. Our specialty™

# Being alone doesn't mean being lonely

**Put down your phone.** Learn how to spend meaningful time solo.

Tanya Davis' new poetry book, "How to Be Alone," with illustrations by Andrea Dorfman, describes the art of being alone — yes, it's an art — in a way that will make you want to make friends with yourself and explore the world through only your eyes.

"I think there is a stigma about being alone in public; I can see why people avoid it," says Davis, a singer-songwriter who embraced solitude as a way to hone her art. "When we spend a lot of time alone, all of our thoughts, all of our regrets, all of our fears and anxiety can come up because we have space to entertain them."

As a part of her journey to understand what it felt like to be alone, she wrote the poem that would become her book — as well as a YouTube video. The video version has almost 6 million views. Davis credits the success to solitude being "a pretty universal experience" — one that you shouldn't fear.

"Our heads can be really hard and mean, and there is sadness in life," she says. "But I think it's OK to go into it a bit. With the sadness, there is also joy that you can only access if you quiet down for a minute."

The result you might come across is "joy that doesn't come from things or people," she says.

**MAJA LUNDAGER PEDERSEN**
letters@metro.us

**Try it**

**So how can you feel comfortable spending some time solo? Here are some tips from Davis:**

- Be kind to yourself.
- Take baby steps. Maybe go out for a coffee alone if you are not comfortable going out for dinner alone.
- Remember that even though you are alone right now, you are not actually fully alone. You are still a part of life.
- Don't worry what other people think if they see you alone. No one cares as much about us as we care about ourselves.

ELITE DENTAL NYC
For All your Dental Needs!
Specializing in 1 Visit
All Ceramic 3D Restorations.
Smile Designs, All Porcelain Restorations completed in as little as one Hour!
Most Insurances Accepted, Evening Hours.
Schedule Online Today!
www.elitedentalnyc.com
Thomas L Lovetere DDS
Delta Dental Provider
315 W 57Th St Suite 206
NY NY 10019 • 212 757 5042

$1 ZOOM! Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
As seen on TV
DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923 - Open Weekends and Evenings
30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 11/30/2013)

MAY WAH VEGETARIAN MARKET
VEGAN
FISH FILLET
RED SPOT PRAWNS
FREE TASTING
EVERY SATURDAY
213 HESTER STREET
6 TRAIN TO CANAL ST
BETWEEN CENTRE AND BAXTER
WE ACCEPT FOOD STAMPS
NO CHOLESTEROL
GMO·DAIRY·MSG
VISIT US ON FACEBOOK/VEGIEWORLD
AND MAYWAHNYC

ARE YOU OVERWEIGHT?
DO YOU HAVE DIABETES?
CHANGE YOUR LIFE!
SAFE AND EFFECTIVE SURGICAL TREATMENTS ARE AVAILABLE
TAKE ACTION NOW!
FREE INFORMATIONAL SEMINAR
6PM TUESDAY, NOVEMBER 12TH
MOST INSURANCES ACCEPTED
LIMITED SEATING AVAILABLE
2 LIFE BARIATRICS™
CALL 866-429-5961
WWW.2LIFEBARIATRICS.COM

Receive personal attention from a Board Certified Podiatrist*
New Patient Offer:
FREE FOOT EXAM
Precision Footcare:
Dr. John Jurcisin
MOST INSURANCE PLANS ACCEPTED
BEFORE WORK, LUNCH HOUR AND EVENING APPOINTMENTS AVAILABLE
Established in Manhattan for over 20 years
Bunions
Hammertoe
Warts
Heel Spurs
Fungus Nail
Ingrown Toenails
Nerve Pain
Cysts
Custom Inserts
Ulcers
We treat corns, calluses and foot problems
212-750-8344
www.precisionfootcare.com • 133 East 58th • Suite 506 • NY, NY 10022

INVISALIGN DENTAL CENTER
IN THE CHRYSLER BUILDING
42ND AND LEXINGTON
Invisalign providers since 2005 with Elite status
invisalign
Elite PREFERRED PROVIDER 2012
Call us to schedule a complimentary consultation and find out how Invisalign can improve your smile
Full Invisalign treatments are only
$3999
invisalign
www.kakosiandental.com
888-711-0267

# WHAT A RACE, WHAT A CITY

On the Run

## JIM CARROLL

Jim Carroll has been a New Yorker for more than 15 years but experienced one of the most quintessential New York adventures for the first time: the ING NYC Marathon. If you have any comments or want to share your marathon experience, write to jimcarrollruns@yahoo.com.

On Nov. 3 my morning started with the 8 a.m. ferry to Staten Island, where I was surrounded by runners from around the world. There were five gentlemen on my left from Chile, while runners from Japan sat to my right. As we sailed past the Statue of Liberty, many got up and took photos. I felt like I was on a steamer ship coming into New York harbor circa 1910, minus the dysentery. It was neat.

After the ferry I was shuttled to the start, where most of us were dressed in mismatching winter clothes to fight the cold Staten Island morning temperatures. As the race started, people discarded their extra clothing (which is collected and given to charity) and set off for the 26.2 mile journey to Central Park. Supportive crowds lined the entire course, at times cheering me on by name. I would like to think they were all avid On The Run readers, but it was probably due to the fact that I wrote my name in big letters on the front of my shirt (a common practice amongst marathon runners). This made it personal, and not in a "Rambo sneaks behind enemy lines seeking revenge" kind of way, but in a "we're all in this together" kind of way.

As I ran through all five boroughs, I occasionally made eye contact with individuals who cheered me on. Those faces will surely stay with me for some time. Those fans made for some big moments, like first entering Manhattan off the Queensboro Bridge, and of course crossing the finish line itself.

I finished with 4:18:58, and I was happy with the race I ran. For me, however, the real story wasn't my final time — it was those cheering crowds who made me feel part of something bigger.

Although training for a marathon is an individual experience, it's also a collective one at the same time — one shared with other runners, as well as friends and family. On that note, I'd like to thank all those who supported me on this journey. I also want to thank the people at Metro for the opportunity to write this series.

Mostly I want to thank you, the residents of NYC for making the marathon, well, more than just a marathon.

The next day I got up and went into work, joining the anonymous shuffle that is the New York City commute. I looked around the subway car at the faces of my fellow New Yorkers, wondering if any of them had run with me on Sunday, perhaps even finding one of those faces that cheered me on. At that moment I realized that I'd grown even closer to the city I love and that loved me back so much on Marathon Sunday.

Thanks again — it's been a great ride.

LASIK Deal of the Week
$1895 for LASIK Surgery for Both Eyes ($4000 originally)
Expires 11/30/2013
ORIGINAL PRICE $4,000
DISCOUNT 53%
YOU SAVE $2,105
0% FINANCING
• Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
• 50,000 + LASIK Surgeries performed
• Tri-state's only center with 4 different lasers to best customize your LASIK
Call Today for a
212.759.9617
FREE consultation!
MANHATTAN LASIK CENTER NEW JERSEY
www.SeeLasik.com
* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom & Bladeless Lasik. Some restrictions may apply.

# IF THE JOB FITS, PITCH IT

It's more common than you may think to create your own job title, so don't be afraid to put yourself out there. / ERWIN WODICKA

Recently I've heard a few women talk about how they pitched their current jobs. As a typically rule-bound female, this came as a surprise. Pitch a job? It would never have occurred to me. Still, knowledge is power. Perhaps it's not too late.

Jessica Bennett is a journalist in her early 30s. She lost her last job earlier this year, but she was luckier than most: She got a call from the patron saint of women in the workplace, Sheryl Sandberg. She soon found herself interviewing at Sandberg's Lean In Foundation.

"I knew they had education and PR needs," says Bennett. "Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo," explaining how she thought LeanIn.org could tap into its community. Lean In invented a position for her.

Conjuring up the job you want is far more common than some of us may think, but according to Allison Hemming, CEO of placement agency The Hired Guns, you have to be judicious. When you go for an interview, you can't forget you're auditioning for a particular spot. "You have to know what the company's pain points are." So don't start by enumerating all the extra things you can do (or would rather do); gain the trust of the interviewer first. Listening to and questioning your interviewer, according to Hemming, "is the most under-utilized skill set when it comes to job hunting."

"Companies are hiring for the first time in several years," she says. "They want a lot of things." Meaning, you have a good chance of getting what you want, if you go about it right.

Hemming says it's key to address "fixing the core things" the company needs. "But while you're in the interview, look for cues and signals: laughing, smiling, nodding. It's just like a date — you know when it's going well." When those signals are in place, you have a chance to say that you've been thinking about the business, and there are some additional things you'd like to explore.

She has one more tip for anyone itching to move. "Think about companies you love that drive you crazy, and how you'd fix them." Write those things down and think about them — a lot. It's a question, she says, of convincing the interviewer that by doing something slightly different than advertised, "you can get them there faster."

**Quoted**

**"I knew they had education and PR needs. Neither was a perfect fit for me. So I pitched an editorial job and wrote up a 10-page memo."**

**Bennett,** on landing a job with Lean In

See more at **www.metro.us**

**The Broad Experience**

## ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace.

SPECIAL KIDS • SPECIAL CARE
SPECIAL REWARDS AT ST. MARY'S

OPEN INTERVIEWS
Mon to Thurs., 10am-2pm
91-31 Queens Blvd,
Suite 201, Elmhurst, NY

St. Mary's Community Care Professionals, Corp., a Licensed Home Care Services Agency, seeks HHAs, RNs & LPNs to work in the patient's home! We service children & adults in the 5 boroughs of NYC, Nassau & Suffolk.

HHAs - All Boroughs & LI

Must have photo ID, SS card and HHA Certification. Afternoon hours available. Newly Certified Home Health Aides welcome.

RNs & LPNs - All Boroughs & LI

Min. 6 months acute pediatric experience required. Private-duty nursing a plus. Shift work - all shifts avail. All boroughs.
Bilingual English/Spanish a plus. RNs & LPNs, please submit your resume for review & appointment.

The opportunities are great...the rewards are excellent!
• Call Cheryl or Daphney at 718-819-2724 for add'l information.
• Fax: 718-651-3807 • Email: cchambers@stmaryskids.org
Take the R or M train to Woodhaven Blvd Subway station.

stmary's
Healthcare System for Children

WWW.STMARYSKIDS.ORG • An Equal Opportunity/Affirmative Action Employer



Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY
$600 Sign-On BONUS Live-In Aides in Nassau County
• HHAs • PCAs
Immediate Work
Call (516) 227-3400
60 Hempstead Ave, Suite 215,
W. Hempstead, NY 11552 EOE
Personal-Touch® ...the people with a heart!



Home Health
Certified Home Health Aides
Live In Positions
IMMEDIATE AVAILABILITY!
We seek Male and Female Caregivers to provide care for our clients in NYC, The Bronx and Westchester. Experience required. Come and learn more about what we offer.
SeniorBridge
SeniorBridge.com EOE
JOIN US AT OUR
OPEN HOUSE
Thursday, November 14th, 1-4pm
845 Third Ave, NY, NY 10022
Call: 212-994-6100
For Bronx and Westchester call 914.437.8221 to make an appointment.
12-HOUR SHIFTS ALSO AVAILABLE
WALK-INS WELCOME!



SKYLINE SIGHTSEEING
Skyline Tours is a new sightseeing company featuring New York's hottest fleet of double-decker busses.
We are seeking dynamic candidates for various positions.

JOB OPENINGS INCLUDE:
• Sales Ambassadors – Agents selling tickets on the street at various points in the city
• Street Dispatchers – Staged at various points around the city. Dispatchers ensure the bus is running smoothly & on time.
• Diesel Mechanic – Seeking a very knowledgeable mechanic to take care of our amazing fleet.

Skyline Tours offers competitive pay and the opportunity to work in a fun and exciting work culture.

For more information or submit your resume to skylinetours@outlook.com
Visit our website at www.skylinesightseeing.com | Call 212.967.1109

## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.** Changes at home will inspire you to take on a new project. You may have to work on your presentation skills.

**♐ Sagittarius | Nov. 22-Dec. 21.** Outsiders won't see things the same way you do. Stick close to home and make changes that will improve your life.

**♑ Capricorn | Dec. 22-Jan 20.** Put your money on the line. Indulge in a venture that could change the way you live and the people you associate with. Reach for the stars.

**♒ Aquarius | Jan. 21-Feb 18.** Learn from your mistakes. New avenues or ideas now may not pay off immediately, but given time you will find a way to make them do so.

**♓ Pisces | Feb. 19-March 20.** Call up friends or make arrangements that favor love, romance or family fun. Entertaining your peers will boost your professional and financial status.

**♈ Aries | March 21-April 20.** Buckle down and make every move count. Watch out for pitfalls or traps that might land you in trouble.

**♉ Taurus | April 21-May 21.** Indulge in activities that allow you to show off. Romance is on the rise, and specials plans will meet with a warm reception.

**♊ Gemini | May 22-June 20.** Make your daily round carefully. Expect someone to lead you astray or put blame on you. Protect your position.

**♋ Cancer | June 21-July 22.** Enjoy getting out and taking part in activities and events that allow you to use your skills and display your talents. Networking will lead to an unusual proposal.

**♌ Leo | July 23-Aug. 22.** Keep your answers concise and your questions direct. Dealing with home improvements can be costly. Cut your losses.

**♍ Virgo | Aug. 23-Sept. 22.** A problem can be cleared up with honest and free-wheeling communication. Love is in the stars, as well as a positive change.

**♎ Libra | Sept. 23-Oct. 22.** Complete whatever job you've been given without complaint. If you are feeling restless, alleviate impulsivity by staying active. BERNICE BEDE OSOL

## Sudoku: Easy and hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | 5 | | |
| 1 | 6 | | 4 | | | 7 | | |
| | 5 | | 2 | | 9 | 3 | | |
| | | 6 | 1 | | | | 3 | |
| 9 | 3 | | 8 | | 5 | | 2 | 7 |
| | 8 | | | | 6 | 1 | | |
| | | 2 | 9 | | 3 | | 8 | |
| | | 7 | | | 1 | | 6 | 3 |
| | | 5 | | | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | | 6 | 9 | | 5 | |
| | | 8 | 7 | | | | 9 | |
| 7 | | | 8 | 2 | | | | 1 |
| 6 | | 3 | 1 | | | | | 9 |
| | | | | | | | | |
| 1 | | | | | 7 | 5 | | 4 |
| 8 | | | | 9 | 6 | | | 3 |
| | 3 | | | | 1 | 9 | | |
| | 6 | | 2 | 7 | | | 1 | |

**How to play**
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters

### *Unhappy with civic service? Volunteer*

**Re: 'Civic duty is a pain in the neck' (Metro Nov. 7)** Letter writer Christina Louis' complaints about poor service and old workers at her polling place speaks more to her sense of entitlement and perhaps her generation's reputation as complainers. Not to pat myself on the back, but when I was in my 30s I took vacation days from my job to serve in my polling place twice a year (at about $25 for a 14-hour day). Hey, here's an idea! Instead of taking time to letter-whine about bad service, you should volunteer and make it better!
F. MICHAEL ANGELO, VIA EMAIL

### *There's no place for racism and hazing in team sports*

Hey guys, if "hazing is part of the game," somebody needs to run interference and change the rules. Racism is not acceptable. It is no joke and should have no place in any space. Team members should support each other, not assault each other with mean-spirited words and deeds. We often hear that there's no "I" in team. Insults, intimidation and ignorance need to be rooted out. More people need to step up and speak up. Jonathan Martin, you're brilliant, talented and very cool. All the best to you. Thank you for bringing this issue to the surface.
CAROLYN HOPPER, VIA EMAIL

**Via email**

### "Loving this 'Temp' series."

**Robin Wagner**
Re: 'Metro Exclusive: Douglas Coupland's "Temp"' (Metro, throughout November)

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Crossword

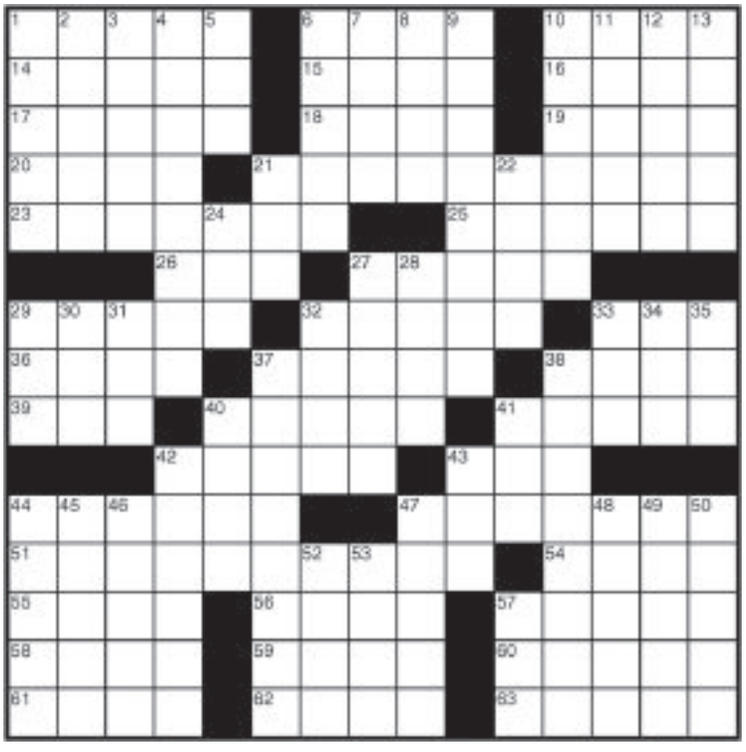
### Across

1 It might be down
6 Alan or Cheryl
10 Shellfish
14 "En garde" weapons
15 Happily — after
16 Rolling stone
17 Escapade
18 Oater backdrop
19 They're easily bruised
20 Ilk
21 Loud
23 Pancreas product
25 Dependable
26 Paramedic's skill
27 Tackle K2
29 Kith and kin
32 Hippodrome
33 Autumn mo.
36 Not defy
37 Preferring charges
38 Very willing
39 Eighteen-wheeler
40 Knight's mount
41 Stews over
42 Heavy hammers
43 Rightful
44 Marshal's badge
47 Fundraiser
51 Chili ingredient (2 wds.)
54 Rake tooth
55 Earthen pot
56 Kappa preceder
57 Broadcast again
58 Sir — Guinness
59 Reminder
60 Peace goddess
61 Orpheus played it
62 Degree holder
63 Height, to a cager

### Down

1 Soft drink brand
2 Barbecue garb
3 Nurtures
4 Bluegrass State
5 Get nosy
6 Slot-machine fruit
7 With, to Maurice
8 Hubby of Lucy
9 Inducting
10 Amoretto
11 Trademarks
12 More or less
13 Like fallen logs
21 Caesar's man
22 Humorist— Bombeck
24 DJ's platters
27 Reacts to onions
28 Grant a mortgage
29 Gift-tag word
30 Sapporo sash
31 Table part
32 Ayla's creator Jean—
33 Pamplona shout
34 Surefooted pet
35 NFL events
37 Cramming
38 Hand shakers
40 Discount event
41 Good times
42 Threaten
43 Fox's abode
44 Norwegian toast
45 Rolling, in a way
46 Lazy one
47 Bleated
48 Arouses enthusiasm
49 Foolish plus
50 Doctrine
52 Rude dude
53 Sundance Kid's wife
57 Narrow inlet

**Weekend's answer**



metro **As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries.** • • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax:** 212-952-1505 • **National and Executive Sales Director** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor, Gossip Editor** Dorothy Robinson, dorothy.robinson@metro.us • **National News Editor** Jill Gadsby, jill.gadsby@metro.us • **City Editor** Allen Houston, allen.houston@metro.us • **Sports Editor** Mark Osborne, mark.osborne@metro.us • **Features Editor, Music Editor** Pat Healy, pat.healy@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **Entertainment Editor** Alexandra Cavallo, alexandra.cavallo@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Travel Editor** Meredith Engel, meredith.engel@metro.us • **Careers/Education/Dating Editor** Julia Furlan, julia.furlan@metro.us • **Copy Chief** Tracie Michelle Murphy, tmichelle.murphy@metro.us

# Giants keep win streak alive with narrow victory

**NFL.** Tailback Andre Brown returned from injury to carry New York to its third victory in as many games.

The Giants' season has new life, despite their disastrous 0-6 start, as they've now won three straight games and are inexplicably back in the NFC East race.

And almost as big a story as their resurgence is the revival of their once-dormant rushing attack. Andre Brown, who missed the first eight games due to a fractured leg suffered in the preseason finale, made his season debut with a bang. The oft-injured running back led the Giants (3-6) with a game-high 115 yards on 30 carries and a touchdown.

"I carried it 30 times? It felt like 50," Brown joked. "I had to tap my head a couple of times [for substitution], because I didn't expect that many. But when you're running the ball that well, I guess you stay on track and keep it rolling."

Head coach Tom Coughlin gave kudos to Brown for not only his big game, but for the tailback's resiliency to continue to bounce back from injuries and adversity.

"Andre Brown, 40 carries, which was big. I didn't mean to mislead you when I [jokingly] said 40 carries but he only had 30. He gave us what we needed. He sparked us a bit and had some power runs," Coughlin said, noting how tough his running back has been mentally and physically during his rehab stints. "Today is very rewarding and satisfying, because perseverance pays off. He tears his Achilles one year, hurts his leg another and everything, but he continues on. You can't say enough about him."

Brown proved his readiness during the past month in practice and Coughlin's faith was rewarded with a stellar performance.

"He ran hard today," Coughlin said. "There were times he had four or five guys on his back."

TONY WILLIAMS
sports@metro.us

**What went right**

**1 Block party**
Special teams was boom or bust all afternoon, beginning with the first play of the game when Jerrel Jernigan fumbled the opening kickoff to set up an Oakland touchdown. But the boom came from rookie Damontre Moore, who came through the middle untouched to block a Marquette King punt. The carom was scooped up by Cooper Taylor, who returned it 21 yards for a touchdown.

**2 Many happy returns**
Andre Brown had a solid return in his first game since being activated off injured reserve. The 240-pound Brown ran with as much power as the 265-pound Brandon Jacobs, but with far more nimbleness. He may have locked up the No. 1 running back position going forward.

**3 Do the Randle**
Rueben Randle continues to emerge as a weapon in this offense. The second-year player from LSU finished with a team-high 50 yards and a touchdown. He now has a team-high five touchdown catches on the season.

Andre Brown returned from a fractured leg to carry the load for the Giants on the ground against the Raiders. / GETTY IMAGES

3 SPORTS

Watch online

Find video and recap of yesterday's Giants-Raiders game at: Metro.us/sports.

Breakaway Hoops
BEST TEAM & FREE AGENT PRICES IN NYC!
SIGN UP TODAY!
$1100 per team or $125 per free agent.
Winter Men's Basketball League Begins Dec. 2
ENTRY DEADLINE DATE November 22
All games played weekdays 6pm-11pm in Manhattan.
WWW.BREAKAWAYHOOPS.COM

THE ONE TO KNOW for OIL HEAT
• Peace of mind knowing we have over 100 years of experience.
• Convenient, reliable around-the-clock service and support in any weather.
• Great value! Oil pricing and payment plans, service plans and more.
• Ultra low sulfur bioheat/fuel, the greenest choice for your heating needs.
CALL NOW for SPECIAL OFFERS!
1.866.539.6315 petro.com
PETRO Heating & Air Conditioning Services
HEATING OIL | NATURAL GAS | AIR CONDITIONING | PLUMBING | GENERATORS | HOME SECURITY
NYC Lic. No. 1314079. ©2013 Petro. P_13493

Advertorial
FREE MEDICATION DOSE

# Erectile Dysfunction Clinic Opens in New York

BY STEVE MUELLER
*Men's Health Consultant*

**NEW YORK •** Local physicians at a new medical office in New York are so sure their medication will help men with erectile dysfunction, they are offering the first 37 callers a free in-office medication dose.

Erectile dysfunction and premature ejaculation have long been a problem for millions of men, in spite of the popularity of Viagra, Cialis and Levitra. Many men aren't helped by these pills or cannot take them due to adverse side effects.

New York Men's Medical custom blends over 180 combinations of medications for each patient. 'That's why our success rate is so high," says Dr. Kevin Hornsby, M.D. and author of the book *"A Doctor's Guide to Erectile Dysfunction."* "We help men as old as ninety-four, with diabetes, prostate surgery and heart conditions. Regardless of their age or medical history our results everyday are amazing."

All medications are FDA approved, and no surgery is involved. "We adjust the prescription for a man's performance to 45-minutes, an hour, 90-minutes or longer," according to Dr. Hornsby, "and patients see results right in our office. After climax the patient stays erect the entire period of time. This allows them to achieve a second climax and adequately satisfy their partner. No other medication can do this. We offer a simple guarantee: If you don't respond to the medication on the first visit the office visit is free." With that guarantee, local patients have nothing to lose.

Openings are filling quickly for the free in-office medication dose, after that the normal fees will be charged. Patients see a licensed New York physician and are assured of utmost privacy and professionalism with private waiting rooms and an all male staff. Further information is available by calling **(917) 675-4295.**

New York Men's Medical Clinic, 1115 Broadway, 10th Floor, New York, NY 10010, at W. 25th St. bet. 5th & 6th Ave. For patients more than 60 miles away the doctor will pay your gas.

**www.NYMensClinic.com**

Board Certified Urologist endorsed

## Around the NFL

- **Rams 38, Colts 8**
  Few saw this one coming. St. Louis rookie Tavon Austin lit up Indy as he returned a punt 98 yards for a touchdown, and caught a pair of long touchdown passes from Kellen Clemens in the blowout victory. St. Louis, which owned a 28-0 lead at halftime, improved to 4-6 on the year.

- **Seahawks 33, Falcons 10**
  The Seahawks played a near-perfect game Sunday and the struggling Falcons couldn't keep pace as Atlanta was out of it by the half. Russell Wilson tossed for 287 yards and a pair of touchdowns with Golden Tate hauling in 106 of those yards. Marshawn Lynch rumbled for 145 yards and a touchdown on the ground for the 9-1 Seahawks.

- **Lions 21, Bears 19**
  Calvin Johnson continued his otherworldly play for the Lions, highlighted Sunday by a 14-yard touchdown reception with 2:22 in the fourth quarter that propelled Detroit over Chicago at Soldier Field.

Zac Stacy and the Rams scored the upset of the day Sunday, going into Indy and pounding the Colts. / GETTY IMAGES

- **Jaguars 29, Titans 27**
  The Jaguars will avoid having a perfectly bad season in 2013 as they earned their first win of the season Sunday. Maurice Jones-Drew and Jordan Todman each had touchdown runs for the 1-8 Jags. Jacksonville held Titans running back Chris Johnson to just 30 yards on the ground on 12 carries.

- **Eagles 27, Packers 13**
  The Eagles knocked Seneca Wallace out of the game early and had no trouble with third-stringer Scott Tolzien, who threw two interceptions. Nick Foles threw for three touchdowns and LeSean McCoy crossed the 100-yard plateau.

- **Ravens 20, Bengals 17**
  The Ravens nearly choked away a victory Sunday, allowing Cincy to force overtime as James Ihedigbo tipped a Bengals Hail Mary pass perfectly into the arms of AJ Green at the end of regulation. But Baltimore showed some championship grit, getting kicker Justin Tucker in position to kick a game-winning 46-yard field goal.

- **Steelers 23, Bills 10**
  Ben Roethlisberger deflected rumors that he wants to be traded Sunday, right after he passed for 204 yards and a touchdown in a Pittsburgh victory. Le'Veon Bell rushed for 57 yards on 22 carries for the 3-6 Steelers.

# Legal and Professional Services

Directory

**To advertise in this directory call Johan Svennerholm at 212.457.7823 or email JOHAN.SVENNERHOLM@METRO.US**

metro

## ACCIDENTS & INJURIES

- Truck / Car
- Medical Errors
- Cerebral / Erbs Palsy
- Police Brutality
- False Arrest
- Construction
- Slips / Falls
- Bedsores

WHEN THE CARELESS NEEDLESSLY ENDANGER THE PUBLIC SAFETY CAUSING HARM, YOU MAY BE ENTITLED TO COMPENSATION

**212-926-0050**

Rawlins Law Firm | No fee unless successful Free Consultation 24/7

## BANKRUPTCY

Overwhelmed With Debt and Want a New Start? Then Call Bankruptcy Attorney

**Jay Simon • 718.222.4619**

32 Court Street, Suite 805, Brooklyn

Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation

***First Step to a Second Start!***

## ABSOLUTE DIVORCE

Hablamos Español

**FREE Consultation**

starting at $239 + court fees

**212-504-2985**

80 Broad St., 5th Floor, NY, NY 10004

www.absolutedivorceinc.com

Must bring in ad Expires 11/26/2013.

## INJURED?

Need a Lawyer?

Call Now: 212-571-9200

**FREE CONSULTATION • NO WIN NO FEE**

***Available 24/7 • $76 million in Claims 98% WIN RATE!**

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law

325 Broadway, NY NY 10007

**Español** עברית العربية

Attorney Advertisement

## BANKRUPTCY

**917-783-0906 • $795+ Court Fees**

Free Consultation

*"I can help you get a fresh start"*

Flushing (QNS): 136-17 39th Ave., 3rd Fl, Flushing

Manhattan: 116 West 23rd Street, 5th floor

Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

**Howard S. Warner, Attorney**

Evening and Sat appts available

# Medical Research

DIRECTORY

To place an ad call Andrea Paz at 212-457-7831 or email andrea.paz@metro.us

metro

METRO IS THE **MOST READ** FREE DAILY NEWSPAPER IN NEW YORK WITH OVER 730,000 DAILY READERS!

FOR ADVERTISING: advertising@metro.us or 212-457-7735

Source: Scarborough R1 2013

- Get Paid
- Get Treatment
- Help Find a Cure

Search and enroll in a local study on

ZipTrials.us

Powered by metro

## Free one on one counseling

**RESEARCH STUDY**

**Have you suffered a trauma?**

**Do you use alcohol or drugs to cope?**

AN OPPORTUNITY TO RECEIVE COMPENSATION

RESEARCH TREATMENT STUDY AT THE CITY COLLEGE OF NEW YORK. INDIVIDUAL THERAPY SESSIONS. SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT.

**212-650-5177**

The City University Of New York

138th & Amsterdam

# Health & Beauty

DIRECTORY

To place an ad call Samantha Miller at 212-457-7831 or email samantha.miller@metro.us

# it's not 's fault

by TheShelterPetProject.org

# metro classifieds

**IMPORTANT INFORMATION:**
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

## Real Estate/Sale

PUBLISHERS NOTE
All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes its illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at 1(800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

### Homes

### Homes

3487 Kingsland Ave. Open House Sat & Sun 12-4 pm. Renov 50x100 lot, 5 brs, 2 bths, drvwy, 2 car gar, low down. Owner 646 431-0105, 718-740-5222

3950 Amundson Ave. Open House Sat & Sun 2 fam 50x100 lot, 4/2 brs, fin bsmt, pvt drvwy, 2 car gar, granite kit, Owner 718-740-5222 / 646-431-0105

**E. FLATBUSH ★ Newly Renov S/D**
2 Fam, 6.5/6.5 + Fin Bsmt, Mod Kits/Ba, Fin Bsmt, Bkyd, Drvwy, Gar. **CANARSIE-newly renov 2 fam, s/d** 5.5/5.5, drv, gar $400s Bkr 646-372-8924

SPRINGFIELD GDNS ★ A Must See! Corner 2 Fam, 2/2, Bkyd, Drwwy, 2 Car Prkg. $395K neg. 1 & 4 Fam Props Avail. Agent 917-691-4854

Jamaica Renov 1 fam 2 brs, 2 bths, fin bsmt. Ask $265K Owner 516-668-6148

OZONE PARK★3 Fam. Solid Brick, 5 Br, 3 Ba, Pvt Drwy, Gar, Bkyd. $639K. Nr all. Rental income $54K Owner 718-880-2216 / 347-822-6504

St. Albans Huge 1 fam det 4 brs, 2.5 bth, pvt drwy, gar. Owner 516-668-6148

## Real Estate/Rent

### Homes

WAKEFIELD House for Rent 2 BR Duplex, Parquet Flrs, $1800/mo. 1 mo rent + 1 mo sec. Excl Cond. Nr Metro North. Owner 646-749-7934

### Commercial

EAST FLATBUSH Mixed Use Prop 3 Bdrm Apt over Store - 1500 SF + Bsmt & Bkyd, Busy Loc. Great for Any Biz. Del Vacant. Owner 917-524-3845

CLEVELAND, OHIO High volume convenient store, Beer/Wine. Western Union, bill pay ctr. Serious qualif'd callers only. $650K 216-956-5895

### Apartments

205th St & Hull-Last Stop on D Train. Beaut 2 BR apt in 3 Fam. $1300/mo. References/Credit check. Principals only. Owner 718-519-9606

### Apartments

**4RENT. QNS.** Springfield, 3BD 1st fl. $1,880/mo all Util. Incl./ Cambria Heights and Rosedale; Furnished Apts. Own Kit & Ba, $1,000/mo Ea. **Call Agent 646-807-7538**

**BAYCHESTER NE BX Other Areas**
1, 2 & 3 BR Apts Sec 8 others avail. 1, 2, 3 & 4 Family Houses for sale Call Agent Mr. White 917-853-6479

**Bedford Park ★ Moshulu Pkwy So.**
Near Park, Garden, Zoo, Trans. 1 br $995. Well Maintained. 1st mo rent free! Agt 718-657-1085

Boston Rd & Westchester Ave. 1 & 2 BR apts, walk-up bldg. Renov Kit/Bth, nr Trans & School. Sec 8 OK. Owner Maria 914-632-1230

**FORDHAM ★ OPEN HOUSE**
496 E 189 St Apt 5 Nov 14th 4-7PM Beautiful renov 1BR Apts available JEROME ASSOCIATES 718-220-4216

**★ FORDHAM ★ SEDGWICK AVE ★**
Well maintained rent stabilized bldg. 1 br $1025, 1st mo rent free. ★ Call Agent 718-657-1085 ★

Olinville/Gun Hill Rd 3456 Olinville Ave. All New, 2 Br, Lr, kitchen Nr transp, $1300/mo 1 mo. rent 1 mo sec. Owner 347-964-1635

**Crown Hts ★ Lefferts Av/Washington**
Well maint. Rent stabilized building. Near shops/trans. 1 br 1600/mo. 1st mo rent free. Agent 718-657-1085

**EAST FLATBUSH Ave H & E. 32 St**
1 blk off Flatbush. Studio $1025. Well maint rent stab bldg. Nr shops/trans. 1st ½ mo rent free. Agt 718-657-1085

East NY ★ Renov. 2 Br Cottage for RENT, b-yard w/Patio. $1400/mo + util. credit check 2 mo sec 1 mo rent. Principals ONLY owner 631-433-8042

**Prospect Pk Ocean Av Corner Parkside**
Studio $1025/mo, 2 br $1525 in well maintained, rent stabilized bldg. Hdwd flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. Agent 718-657-1085

**★RUGBY★ E. 56th St & Church Ave.**
Well maintained, rent stabilized bldg. 2 brs $1375. 1st month rent free. Agent 718-657-1085

**JAMAICA Large 1 Br ..... $1200**
Beautiful & Ready NOW!!
Davis & Associates RE 718-805-2400

★ Queens Vlg/Hollis Lg 2br 2ba, Newly painted, fin'd flrs, Nr shops trans. Gas incl. front/rear yd, drvwy. $1675/mo. Owner Louis 917-882-7335

Springfield Gardens- Newly renov. 3 BR Apt. full Bath, LR, EIK. Asking $1,550/mo. Available immediately! Call Owner 516-488-1720

### Apartments

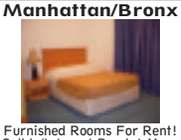
**ST. GEORGE HAMILTON AVE.**
Hdwd flrs, laundry, well maintained, rent stabilized bldg. 1 br $1175-$1195, 2 br $1600. 1st mo rent free! Agent 718-657-1085

Mt. Vernon Spacious 3 BR APT, LR, DN, Kit. 1400 sq ft. Access to trans, convenient parking. Nice neighborhood. $2000/mo. Owner 914-564-0736

★★ ATTENTION LANDLORDS ★★
100% Rent Guaranteed! Need Stu, 1 & 2 BR Apts. Lease for 1-2 yrs. 1 person/apt. Receive $900-$1100/mo. Broker 347-504-5105 edensroy@aol.com

### Rooms

**Manhattan/Bronx**



Furnished Rooms For Rent! Cable/Internet Ready! Move in Today! All Utilities Included! Starting at Just $125/wk ! **Call Us Now: (212)368-2685**

**Affordable Furnished Rooms in Manhattan**

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
$125 per week
Call 212-862-0457

**100's Available, All Boroughs**

Private Entry Bath Cooking
1 Person/2 Person $125wk/up
room rentals 212-697-3962

### Miscellaneous

Fordham Vicinity ★ Bainbridge Ave. Nice Room. Share Kitchen & Bath. Near All Avail Now. 1 wk rent, 2 wk sec. $185/wk. Owner 718-515-9424

NORTHEAST BX ★ LARGE FURN ROOM
Share kit & bath. $150/wk. Male Pref'. Owner 646-571-5678, 718-654-6697

### Miscellaneous

BEAUT HOTEL★FREE BREAKFAST/LUNCH w/JACUZZI's from $75-$95 per night ★ 315 93rd St. Bay Ridge 718-748-8995

EAST NEW YORK FURNISHED ROOM
$150-250/wk. Share Kit & bath. Call owner Oneika 347-300-8698

**SEARCH IT. FIND IT. BUY IT.**
metro classifieds

## Services

### Health & Beauty

**REDUCE YOUR CABLE BILL!**
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
**SO CALL NOW 877-356-0526**

### Miscellaneous

**Never Shave Again!**
**Laser Hair Removal Specials**
**Lip, Chin or Underarms $50**
**Brazilian or Bikini $150**
**Full Face, Neck or Back $150**
**Pamper Yourself**
**2 Treatments for $99**
**Deep Pore Cleansing Facial**
**Microdermabrasion**
**60 min Aromatherapy Massage**
**Slimming and Detoxifying Body Wrap**
**LPG Cellulite Reduction**
**Nina's Day Spa & Laser Center**
**212.594.9610**

### Phone Services

### Careers

**HIGH SCHOOL DIPLOMA FROM HOME**
6-8 weeks accredited
Get a Diploma! Get a Job!
**No computer needed!!**
**Call 24/7 for free brochure**
**1-800-264-8330**
**www.diplomafromhome.com**
**Benjamin Franklin High School**

### Psychic

**AMAZONIAN SHAMAN SPIRITUALIST CALL NOW (347) 474 5886 SPIRITUAL HEALER**

I HELP WITH:
Luck and money problems clean black magic spells get protection from enemies court and legal problems Remove al kinds of EVIL SPELLS From persons, homes or business.

MORE THAN 45 YEARS OF EXPERIENCE

Natural born psychic and Spiritual Healer

Are you suffering for love? Are you tired of calling and never get a call from that special person you love? is your love one ignoring you or neglecting you? do you feel like some one has put a curse on you?

Stop suffering call me now
------347 474 5886-----

CLIENT TESTIMONIAL
My name is Robert I came from Long Island to see Mr Shaman in Manhattan Because my friend told me about him, I was having problems with my wife, she wanted to divorced me, and didn't even wanted me to see my kids. she was also cheating on me with another guy, Mr Shaman brought her back to me in less than one day, Mr Shaman thanks for your help.

ALL RELIGIONS WELCOME Read all my clients testimonials on my website: www.amazonianshaman.com GUARANTEED RESULTS **CALL NOW 347 474 5886 ** Consultations in Manhattan and New Jersey

**SHEIKH SALEEM**
**917.254.6647**
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST SOLVES ALL YOUR ISSUES, LOVE SPECIALIST, REUNITE LOVERS, BUSINESS, JOB, COURT, LUCK, BLACK MAGIC, PROTECTION, IMPOTENCY, IMMIGRATION, ETC. ENGLISH AND FRENCH SPEAKING. **QUICK RESULTS**
**www.africanmedium.com**

**KADIR SPIRITUALIST AND MAalBOU**

**Want solutions for all your problems? Heals the body, stops witches, defeats enemies, and offer powerful protection. Do you have problems with relationships, family, property, court, or immigration cases?**
**718-213-9945**

### Careers

### Psychic

**Shiva Astrology Centre. PANDIT: VINAYAKA SAAHU**

**917-378-1436**
**347-643-2200**
**HAVE YOU BEEN DISAPPOINTED BY MANY ASTROLOGERS. It's RIGHT TIME TO TAKE RIGHT DECISION. We rectify your problem & Gives Right Solution for Curse, Black Magic, Jadoo, Voodoo, Obeya Depression, Business, Love, Health, Husband Wife Relationship Jealousy Etc. THERE IS SOLUTION FOR ALL PROBLEMS... ARISE, AWAKE & CALL TODAY 165 Street & Jamaica Ave., NY 11432**

**SERIGNE**
**917-679-1518**
Spiritual Reader & Coach bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job,success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection.
FAST RESULTS
**africanpsychicnyc.com**

## For Sale

### Crafts & Hobbies

★BOOKS BOUGHT-OLD, USED & RARE★
TOP $$ FOR YOUR BOOKS.
CALL 718-255-6504

★★ SPORTS CARDS & MEMORIBILIA ★★
Cash Paid for entire collection.
Buying & Selling! Call 732-547-4381

### Miscellaneous

$$ ABOUT BEST PRICING $$
We Buy Diabetic Test Strips
Most Brands 888-415-0796 Cash Paid!
M/T/W/Th/F, 2-4pm, W. 96 St., Manh

## Vehicles

### Cars

TOYOTA CAMRY 2006 ★ 4 Dr, Auto, Gray, 1 Owner, Excl Cond., Like New. 35k mi. AM/FM CD, Serious Buyers. $7999 neg. Owner 516-423-6435

LEXUS GS460 2011 ★ Black/Black, Lthr, 5 Drs, Auto, Sun Roof, Loaded, Mint Cond., 32k mi., Ask $40K. Lease Option to Buy Avail. for TLC Lic'd driver. Owner 212-279-1700 x-103

CHEVROLET 350 2001 ★16' BOX Truck
Rebuilt Engine w/Paperwork. Good Cond. $3800. Call 973-517-1686

**NOTICE TO THE PUBLIC**

**AFFORDABLE HOME PROGRAM**
START WITH AS LITTLE AS
**$1,000**

GOOD CREDIT, BAD CREDIT, NO CREDIT
**ALL CASES PROCESSED**
CALL NOW FOR FREE REGISTRATION
MANY HOMES ARE FULLY RENOVATED
BROOKLYN, QUEENS, BRONX, WESTCHESTER AND LONG ISLAND
3.5% TOTAL DOWNPAYMENT NEEDED

**Affordable Home Program LLC**
NYS. Licensed Real Estate Brokers
116-16 Queens Blvd Suite 202,
Forest Hills, NY 11375
(718) 544-1200

**Brooklyn, Queens, Bronx, & Yonkers**
**AFFORDABLE HOUSING PROGRAM**
**NOTICE TO THE PUBLIC**
**ATTENTION New Yorkers**
**You Can Own A Home! START WITH ONLY**
**$1500!**
Homes Available NOW!

**Renovated Move-In Condition Homes Available In Brooklyn, Queens, the Bronx and Yonkers.**

**MOVE IN WITHIN 30 DAYS OR LESS. All homes come with new kitchens, new bathrooms and complete basements.**

**Seller pays all allowable closing costs.**

**All you need is 3.5% TOTAL MONIES and you could become a homeowner. Good, Bad, or No credit, All Cases Processed.**

**Open 7 days and evenings for this event**

**MUST REGISTER IN PERSON**

**CALL NOW FOR AN APPOINTMENT**

**718.480.7000**

**Y Rent NY LLC**
**NYS Licensed Real Estate Brokers**
**116-10 Queens Blvd., Forest Hills, NY 11375**

www.yrentny.com
*Hablamos Español*

**RESERVE YOUR SPACE**
DEADLINE: two (2) business days prior to publication at noon.
metro classifieds
**866. 900. 9473**

Monday, November 11, 2013
# metro classifieds

## Pets

### Pet Walkers

Maine Coon Kittens Gentle Giants! Rare Red Russian Siberians Also, Male/Female, purrfect, ready to go. owner 631-666-7844

♥ MALTESE PUPPIES ♥ Adorable Toy & Teacup sizes. Call 718-259-2295

♥♥♥ ROTTWEILER PUPS ♥♥♥ 8 Wks, Males/Females, Full German, AKC, Parents on Premises, $650 ea. Call Owner 347-946-9660 / 347-252-7657

♥ YORKIE PUPPIES FOR SALE ♥ Toy & Teacup sizes. Call: 718-259-2295

## Career Training

Saturday Baking Program

Located at 10th avenue between 33rd and 34th St

Call 646 559 8551 x 1

**Call and receive a Career Guide** brought to you by Sanford-Brown and Careerbuilder! Read about: - Job Searching in a Recession -5 Ways to Get Better Pay -Want Job Security? Work on your education and more! Call now, to get your copy!

**877-871-6444**

Sanford-Brown Institute • New York, NY • Garden, City Licensed by the New York, State Education Department Programs vary by campus

**sanfordbrown.edu**

**Afraid of NEEDLES???**

But still want to be a part of the healthcare field, working behind the scenes? Consider training in Medical Billing! Call now to get started!

**877-818-6444**

Sanford-Brown Institute, New York, NY • Garden, City Licensed by the New York, State Education Department Programs vary by campus

**sanfordbrown.edu**

**NEEDED: People to train in Non-invasive CARDIOVASCULAR TECHNOLOGY!** Train in this exciting field and you could help save lives!

Call now to get started!

**877-817-5444**

New York, NY • Garden City, NY Licensed by the New York, State Education Department Programs vary by campus,

**sanfordbrown.edu**

**Tired of your Job?**
**Want to pursue a new a career??**
**Not sure where to start???**
With training in Medical Assisting, you too can start a new chapter in your life! Degree program available!

Call now to get started!

**877-839-5444**

SBI Campus – an affiliate of Sanford-Brown - Melville Melville, NY

**sbmelville.edu**

**Want to make a change in your life? Interested in healthcare?**
**We offer hands-on training in a variety of healthcare fields. • Classes starting soon!**

START TODAY!

**888-806-6333**

**SBI Campus – an affiliate of Sanford-Brown - Melville Melville, NY**

**sbmelville.edu**

## Careers

## Careers

**VITAL CAREERS START HERE!**

**Medical Assistant**
**Surgical Technologist**
**Respiratory Therapist**

**EARN YOUR ASSOCIATES DEGREE, *NOT* just a certificate!**

**OTHER PROGRAMS:**
- ***HEALTHCARE ADMINISTRATION (MEDICAL BILLING AND CODING)***
- ***DENTAL ASSISTANT***
- ***PHARMACY TECHNICIAN***
- ***TRANSFER CREDITS ACCEPTED***
- ***EARN COLLEGE CREDITS***
- ***DAY/EVE/WEEKEND COURSES***
- ***FLEXIBLE SCHEDULES***

**CALL TODAY! 1-855-626-3504**

OUR ADVISORS WILL HELP EVERY STEP OF THE WAY

254 W 54th Street
**www.mandl.edu**

**MANDL SCHOOL**
THE COLLEGE OF ALLIED HEALTH

## Business Opportunities

### Business Opportunities

**L.I.C. KITCHEN FOR RENT-** A very cost effective logistic solution to expand, grow or start your food business. A shared use kitchen for rent in Long Island City- conveniently located by subway, bus and taxi service. A production facility which is 5000 sq. feet, centrally cooled, and is for vegetarian food processing. We have state of the art cooking equipment. Can be rented by the hours or days. Our rates can be tailored to your requirements. Please email your requirements to- info@atarian.com or **Call 212 470 7674**

## Jobs

### Finance

**Accountant/Auditor** Selerity, Inc. seeks an Accountant/Auditor in its New York, NY office. Minimum requirements: Master's in Finance, Accting or a related field. Three yrs of exp in the position offered or three yrs as Business Development Associate, Budget Analyst, and/or Financial Analyst. Prior exp must include developing company's financial strategy through budgeting, advanced financial modeling & forecasting utilizing Excel, Microsoft Word, Powerpoint, Merger Market, Capital IQ, Bloomberg, Factset & Salesforce; evaluating business development opportunities with prospective clients; performing due-diligence of prospective joint ventures and mergers & acquisitions; building advanced presentations & financial models with media and technology performance indicators including customer growth, churn, ARPU and CPGA. Please send resumes to Ryan Terpstra, CEO, 7 West 36th´ Street,Floor 4, New York, NY 10018 Full Time. $103,355/annually.

## Healthcare

Mercy Home, non-profit agency providing services to persons w/DD in residential group homes.
**PT Direct Care**
HS Diploma/GED
**FT Managers**
BA/BS 1-3 yrs supv. exp. w/knowl of OPWDD.
All positions req. NYS Drivers Lic.
Evenings, weekends & holidays!
Join us at our
**JOB FAIR - NOV. 13, 2013**
10 AM - 2 PM
**Mercy Home**
273 Willoughby Ave.
Brooklyn, NY 11205
Bring HS Dipl/GED or BA/BS & NYS D/L.ic.
For add'l info call 718-852-1075 Ext 125. EOE

Non-profit Agency seeking a RN (BK/SI) to work in a residential facility overseeing adults with Developmental Delays. Responsibilities include but not limited to; coordinating medical care, covering services within the residences, participating in the evaluation of each Individual and the supervision of client medication administration. Candidates must possess a NY State RN license, 2-5 years work experience with DD population is required. Must be computer literate, detail-oriented and have excellent verbal and written skills. Must be willing to travel. Please indicate if you are looking for Part Time/Full Time positions. Please Fax Resume to 718-852-1564.

## Healthcare

## Healthcare

**ACCESS HEALTHCARE**

# JOBS TRAINING

**PCT • CNA • HHA • EKG/PHLE/Pharm Tech**
**MEDICAL ASSISTANT • A+, BA, QA, SAP**
**CNA FREE Training if eligible**
**SOLAR TECH**

# Call: 718-263-0750

**STUDENT VISAS @ LOW COST**
On Queens Blvd Next to E/F Train Q10 Bus • 8002 Kew Gardens Rd, Kew Gardens, NY
**WWW.ACCESSQUEENS.COM**

**CERTIFIED HHA / PCA - Immed** Jobs in 5 Boros. Sign up/Referral Bonus, Medical Bnfts. Free training **212-560-0615 Xincon Home Healthcare**

***IMMEDIATE***
**CNA's & LPN's**
With min 1 yr exper in LTC
**QUEENS JOB FAIR**
Tues Nov 12th 9-4pm at The
**BEST WESTER BAYSIDE INN**
**EAST ROOM**
**220-33 NORTHERN BLVD**
BAYSIDE NY 11361
Top Pay & Health Benefits
ALL SHIFTS/PERM POSITION
Bring all docs for immed hire.
Refreshments will be served
For inquiries about position & documentation call Wes
718-534-7400 ext 111 or email; wes@fsstaffinginc.com
For hotel dir/info 718- 631- 5900

## Miscellaneous

Airline Now Hiring. Major Airline at JFK, LaGuardia, & Newark Airports Now Hiring. NO EXPERIENCE NECESSARY. $14 to $22/hr + benefits. Call 212-629-1777. FEE

### Security / Law Enforcement

**★A ABSOLUTE ACTUAL OPPTY★**
Guards needed, no exp nec, no felonies, FT/PT, up to $22.50/hr.
★★★ Call 24/7: 212-470-4326 ★★★

**Attention FRONT DESK GUARDS**
No exp req'd. Up to $22/hr. FT/PT, IMMEDIATE OPENINGS.
Taking calls 24/7 at 212-273-1197

**FRONT DESK GUARDS**
Wall St. location, no exp necessary. Pay up to $13.25 p/hour.
Call Lt. Kelly 347-246-9305

**★ SECURITY GUARDS/FIRE GUARDS ★**
Guard License Req'd ALL BOROS. Salary $9-$10/hr depending on exp. Call M-F, 10am-3pm: 1-718-264-7757

Security Positions: New Rochelle location. Must have own transportation, clean record, and speak English/Spanish. Apply via email: mail@lincolncontrolsinc.com

## Transportation / Travel

**Wanted TLC Licensed Drivers**
Wanted TLC licensed drivers 6 days a week Saturdays and national holidays off).
-We pay $130 per day, $780 per week in form of check-(1099).
-Contact Igor at 917 560-0780 from 1 - 8pm.

**BUS DRIVERS CLASS B ★ EXP'D**
Must know how to drive 20 to 25 passenger vehicles. Must know Bklyn & Queens. CALL MADDY 914-969-2500

**DISPATCHER for LIC taxi fleet**
Valid NYS Drivers lic, good driving record, ref's. Change flats, boost cars, clean yrd. TLC / DMV runner, 40hr/wk. Fax 718-706-0919, email shaan@arthurcab.com

DRIVERS- Bklyn co. CDL "BPS" Lic req. Board of ED & FT/PT Spon. for BOE cert. Apply 141 Hinsdale (Pitkin/Glenmore) Bklyn 718-485-8002

**DRIVERS WANTED**
Immediate Hire with CDL class C
$500 Bonus for Pre-Certified 19A
CDL TRAINING PROVIDED
Monthly Bonus Attendance & Safety
Medical Plan
Vacation/Personal/Holiday Pay
Point reduction class given/accepted
All Shifts available
Sedans and buses available
Apply in Person 94-01 150th Street Jamaica, Queens M-F 10-2
1 blk to E/F/J/Z line/Qns buses/LIRR

**DRIVERS WANTED Without Cars.**
VERY BUSY PARK SLOPE BROOKLYN CAR SERVICE. TLC LICENSE A MUST. Call 917-213-4730

★ NYC School Bus Drivers & Escorts ★ Exp'd & Board of Ed Certified. Apply in person. Immed positions. 1 Coffey St., Brooklyn. ☎ 718-852-0286

## General Help Wanted

**TELMKTRS F/T EXP ONLY!**
**MADE YOU LOOK!!!**
Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr.
David (212) 563-7500

## General Help Wanted

**Lobby Attendants/ Receptionists** FT/PT Morns/ Overnights Full dental/medical +union 401k Pays $12-23/HR. **Call 347-331-8696**

**OFFICERS/DOORMAN OPENINGS** Overnights/ Noon shifts. Full dental/ med +Union/ 401K/ No Felonies. **Call 347-351-6447**

**Immediate Interviews!** Authorized Solutions Provider for Verizon. Paid Wkly. No Exp. Nec. Up to $750+/wk! **888-493-5456**

**APPLY NOW - F/T WORK**
**EARN SERIOUS $$$**
**FOR THE HOLIDAYS-Up to $900/wk**
**PAID TRAINING INCENTIVE**
IMMEDIATE START
No Experience Needed
Full Training Provided
Call 718-210-3642

**★ AUTO MECHANIC - Must have Own Tools ★**
Knowledge of Diagnostics a must. Brooklyn location. 516-779-3725.

**★ CARPENTER / FRAMER - EXP'D ★**
ALSO HANDYMAN (F).
CALL 718-387-4934

DIESEL & GASOLINE MECHANICS School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. ☎ 718-852-0286

**ELECTRICIAN MECHANIC**
10 yrs exp. Drivers License. Email Resume to sidneyelectric@msn.com or Fax Resume: 718-331-8159

**Elevator Mechanics Needed. Well** estbl elevator co. seeks elev mechs w/exp. We offer top pay, med'l pkg, 401K & refirement plan. 718-324-9166

FISH CUTTER/FILLET-ER Bklyn area, exp'd in filleting fish & knowl of portion control. Must speak English. **Call:** 718-517-8511 ext. 232

IRONWORKS/ORNAMENTAL Fabricators and Installers. 5 years exp. Drivers lic. req'd. Call 718-665-6040

Maint person wanted for Janitorial, bldg repairs inclu light plumbing, light elect inclu retamping, ballasts, painting, shelving assembly. Please fax res & Sal reqd 212-243-0555

**Parking Attendants & Managers** $9-$16 / Hour + benefits. Interview Tuesday, Nov 12, @ 4PM. 57 Ann St. Garage, Manh. ★ Call 212-608-4740

PICTURE FRAMER-EXP'D-Busy frame shop in lower Manhattan. Willing to work 5 days & be flexible w/hours. Contact us: 908-419-5243

**Ashmatt Employment Agency**
50 job openings
Factories, Restaurants, Stores, Cashiers, Domestics and more
**(718) 478-5690**

**Tired of Working Retail This Holiday Season?!**
Publicly Traded Company has Immediate Openings
We train you. $17 hr/Avg Starting AND UP. Call today, Start tomorrow
914-233-0645

Database Administrator - New York, NY Sync all databases of AABGU regularly. Develop calculated fields, crystal reports, supervise all aspects of data entry/gift processing. Masters in Comp. Science or related reqd. Send resume to hr@aabgu.org at American Associates Ben-Gurion University of the Negev Inc.

BUTCHER/DELI MANAGER
BUTCHER F/T DELI MANAGER F/T
CONTACT 516 724 0427
INFO@GREATNECKLATT.COM

**Business Opportunity-Owner/ Operator-Open House**
Deliver newspapers as an Owner/Operator under agreement with our company in Manhattan. Earn up to $1,000+/month. Must have dependable car. Call 646-277-3795 for details

## General Help Wanted

Tailors wanted for NYC cleaners. Must have exp in all types of alterations. FT with benefits. Call Basil 212-475-5444 after 10 AM

## Training

10A AAAH @ CITY Mon-Sat Pre&Ann 16hrOJT*FireGd*Metal Det*A/Terror SG License Pkg*Pistol Lic Prep $395 **212-957-1350*303 W.42 St #610 @8Av**

Security Training: No fee job referrals!!! Lowest price guaranteed contact us 24/7 (212)216-9192. 224 West 35th Street, Ste 512, NY, NY 10001

Care For the Elderly
Nurses Aide Training
Home Health Aide Training
Lic. NYS School
(718) 843-8449

**GET YOUR HHA TRAINING FAST!**
12 days training only $340. Flexible payment plans. Job placement assistance avail. Call today: 718-490-1804

HOME HEALTH AIDE/CNA TRAINING
NYSED PCA to HHA upgrade.
Call 718-323-3050

Home Health Aide/CNA Training NYSED. Assistance for slow learner. Long time out of school placemnt assist. Btw Grant & Elderl 718-349-8003

**AMER MED CAREER TRAINING CTR**
MEDICAL ASSISTANTS
MEDICAL LAB TECHNICIAN
NURSING ASSISTANTS
PHYSICAL THERAPY AIDE
**(718) 657 1562 OR (718)-739-6768 or 718-526-3626**
**EZ pymnt plan/Placement Assist avail**
**Lic. by NYS Education Dept.**

**EXTERMINATION/TERMITE CERTIFICATION**
NYS cert. 69 days. Jobs/biz Fin'l aid if qual. 24hr 718-205-0557/800-220-5494

## Legal Notices

**NOTICE IS HEREBY GIVEN** that a license #TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant, under the Alcoholic Beverage Control Law at 2670 Coney Island Ave. Brooklyn, NY 11235 for on- premises consumption. MGM Group, Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1274165 for On-Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 84-19 Northern Blvd., Jackson Hgts., NY 11372 for on-premise consumption. Restaurant De La Mora Corp.

**NOTICE IS HEREBY GIVEN** that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 519-523 Metropolitan Ave., Brooklyn, NY 11211 for on-premise consumption. 123U LLC

## Food & Dining

### Diets

**Why Vegan?**
**Health, Hunger Solution, Environment, Factory Farm (MeatVideo.com) Animal Abuses**

# ACCESS CAREERS, BROOKLYN

- Nurse Aide / Assistant (CNA)
- EKG & Phlebotomy
- Pharmacy Technician
- Patient Care Technician (PCT)
- MS Office/ CPR

Are You HHA? Upgrade to PCT

*Licensed by NYSED

- **Medical Assistant**
- **Com. Networking (A+, MCSE, CCNA)**
- **Com. Programming (C++, .Net, QA, BA)**
- **ESL (Free If you Qualify)**

* Financial Aid If Qualify

**Call Now: 866-487-5432**

**www.AccessCareers.edu** 25, Elm Place, #201, Brooklyn, NY -11201

*a million reasons to*

# *Believe*

*Yes, Virginia, there is a Santa Claus!*

## WRITE A LETTER TO SANTA AND HELP MAKE WISHES COME TRUE

This holiday, bring your stamped letter to Macy's, addressed to Santa at The North Pole, and drop it into our special Santa letterbox. We'll count them up, and for each letter received, we'll donate $1 to Make-A-Wish®, up to $1,000,000. Then, we'll bring them to the Post Office for mailing to Santa, and together, we'll collect a million reasons to believe. To learn more, visit macys.com/believe

And, watch ABC's *Good Morning America* from 7 a.m.-9 a.m. for tallies on the letters to The North Pole throughout the holidays.

abc GOOD MORNING AMERICA

MAKE-A-WISH
the magic of giving

Don't miss the season's traditional animated classic based on the timeless true story that inspired a whole new spirit of believing. ***YES, VIRGINIA* WILL AIR ON FRIDAY, DECEMBER 6, 8:30 P.M. ET,** so check your local listings. Plus, Macy's declares Friday, December 6, National Believe Day!

Own the award-winning holiday classic *Yes, Virginia*. Shown: Book. 16.99. **NEW.** Baby Virginia Plush Doll. 9.99. Virginia Plush Doll. 19.99. Believe Stocking. 9.99. Mailbox Ornament. 6.99. Virginia Ornament. 6.99. DVD with Spanish audio option. 9.99. Selection varies by store. 10% of the purchase price of the book and DVD will benefit Make-A-Wish.

Calling all believers! Post your snapshot or video with us!
**#MacysBelieve** and you could be a star.

the magic of macy's .com

BLOG APP